

Travel
Manitoba
CANADA

INTERNATIONAL TOUR GUIDE

PHOTO BY DAN CURAVICH

*Unforgettable
Manitoba*

2006/2007 MANITOBA TOUR GUIDE

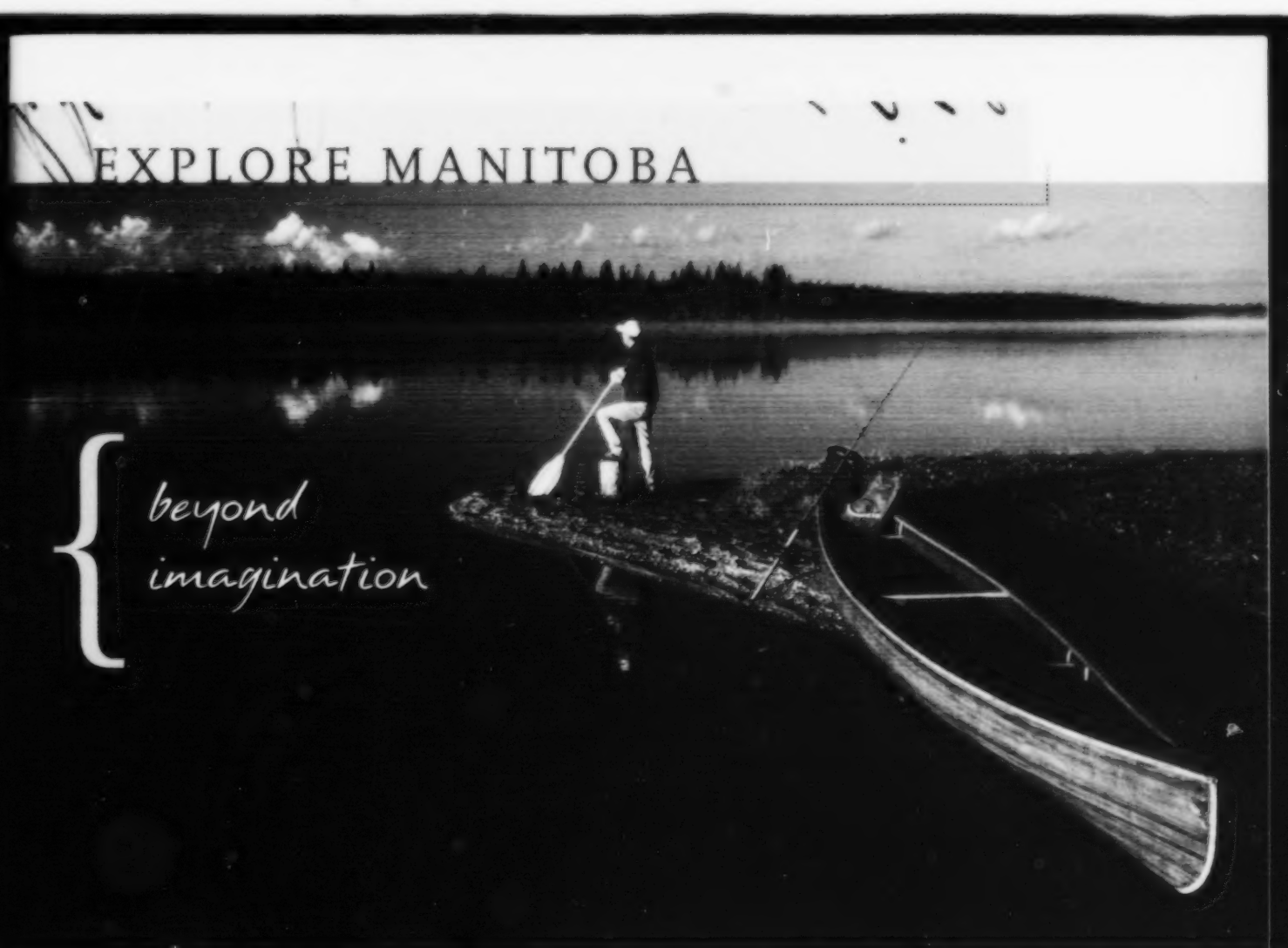
This guide is designed to inspire you to experience Manitoba. It promises adventure and endless opportunities to discover places, enjoy activities and meet new faces. The Tour Operator section lists vacation packages and group tours, while the Tour Escort Notes provides entertaining trivia about the heritage of Manitoba.

For more travel ideas, visit www.travelmanitoba.com
or call 1-800-665-0040 ext. AN6.

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EXPLORE MANITOBA



{ *beyond
imagination*

Glorious sunrises... shimmering lakes... spectacular parks... abundant wildlife...
big city entertainment... home town charm...

this is Manitoba.

Manitoba's enticing combination of cosmopolitan sophistication and wide-open spaces makes this a province of infinite opportunities. Marvel at the majestic power of the polar bear and relax on some of the finest beaches in North America. Be stirred by the internationally renowned Canada's Royal Winnipeg Ballet or take in the eerie dance of the northern lights. Visit Winnipeg, the provincial capital, for designer names at wholesale prices, a world's worth of delicious dining, and the chance to cruise our rivers

on an old paddlewheeler. Here you can cheer on professional hockey, football and baseball teams, or take a leisurely stroll along picturesque streets lined with the largest collection of publicly owned elm trees on the continent. The possibilities are endless!

Come to Manitoba and be captivated—by our natural beauty and our urban elegance, by the warmth of our hospitality and by the genuine friendliness of our people. The vacation of a lifetime awaits you in friendly Manitoba.

LOCATION

At 649,947 square kilometres (250,946 square miles), Manitoba is Canada's sixth-largest province. You could fit both New York State and California into the province and still have room left for Rhode Island!

Manitoba is bordered on the north by Nunavut Territory, on the west by Saskatchewan, on the east by Ontario and on the south by North Dakota and Minnesota. While considered one of Canada's Prairie provinces, Manitoba actually has three distinct geographical zones: the agricultural triangle in the south; the predominant Precambrian Shield with its rugged terrain and profusion of lakes; and the arctic tundra in the far north, home to polar bear, caribou and arctic fox.

Winnipeg is located at the heart of both Canada and North America. A scant 104 kilometres (65 miles) north of the American border, Winnipeg is easily accessible by rail, road and air.



ACCESS

AIR

The following airlines have regular flights to and from Winnipeg International Airport, with connecting flights to destinations throughout the world.

Air Canada

Toll-free: 1-888-247-2262 (reservations)
Web site: www.aircanada.com

Calm Air

Phone: (204) 778-6471
Toll-free: 1-800-839-2256
Fax: (204) 778-6954
Web site: www.calmair.com
E-mail: mail@calmair.com

First Air

Toll-free: 1-800-267-1247 (reservations)
Web site: www.firstair.ca

Keystone Air Service Ltd.

Phone: (204) 338-6131
Toll-free: 1-800-665-3975
(Canada-wide)
Fax: (204) 338-0011

Northwest Airlines Inc.

Toll-free: 1-800-225-2525 (reservations)
Web site: www.nwa.com

Perimeter Aviation Ltd.

Phone: (204) 783-8000 (reservations)
Phone: (204) 786-7031 (administration)
Fax: (204) 783-7911
Web site: www.perimeter.ca

United Airlines

Toll-free: 1-800-United-1
(1-800-864-8331)
Web site: www.united.com

WestJet Airlines

Toll-free: 1-800-538-5696 (reservations)
Web site: www.westjet.com

Zoom Airlines

(May – October)
Toll-free: 1-866-359-9666
Web site: www.flyzoom.com

TRAVEL INFORMATION CENTRES

RAILWAYS

Canada's major rail passenger service arrives and departs from Winnipeg and many of Manitoba's smaller communities.

VIA Rail Canada Inc.

VIA Ticket Office

146 - 123 Main Street

Winnipeg, MB R3C 1A3

Toll-free: 1-888-842-7245

(arrival and departure information)

Toll-free: 1-888-842-7245

(Western Canada only)

(reservations and fares)

Web site: www.viarail.ca

BUS LINES

The major bus lines listed below, plus several local companies, offer daily transportation to and from Winnipeg and dozens of Manitoba's rural centres.

Greyhound Canada

Transportation Corp. 

487 Portage Avenue

Winnipeg, MB R3B 2E3

Toll-free: 1-800-661-8747

(passenger information
and reservations)

Web site: www.greyhound.ca

Grey Goose Bus Lines

487 Portage Avenue

Winnipeg, MB R3B 2E3

Phone: (204) 784-4512 (charters)

Toll-free: 1-800-661-8747

(passenger information
and reservations)

Web site: www.greyhound.ca

Explore Manitoba Centre

The Forks Market

21 Forks Market Rd.

Winnipeg, MB R3C 4T7

Phone: (204) 927-7838

Toll-free: 1-800-665-0040 ext. AN6

Fax: (204) 927-7852

Web site: www.travelmanitoba.com

Open 10 a.m. - 6 p.m. year-round 

Destination Winnipeg

259 Portage Avenue

Winnipeg, MB R3B 2A9

Phone: (204) 943-1970

Toll-free: 1-800-665-0204

Fax: (204) 942-4043

Web site: www.destinationwinnipeg.ca

Open 8:30 a.m. - 4:30 p.m.

Year-round, Monday to Friday 

Destination Winnipeg

Information Centre

Winnipeg International Airport

Main level

2000 Wellington Avenue

Winnipeg, MB R3H 1C1

Open year-round

8 a.m. - 9:45 p.m. daily

Phone: (204) 982-7543

Toll-free: 1-800-665-0204

Fax: (204) 788-0245 

*Refer to the Manitoba Vacation Guide
for a list of travel information centres
located at the border entry points or visit
www.travelmanitoba.com*

MANITOBA ATTRACTIONS AT A GLANCE

- Manitoba has 150 parks and 100,000 lakes.
- Winnipeg's Folklorama, held over two weeks every summer, is the world's largest multicultural festival and has been named Canada's number one event by the American Bus Association.
- The longitudinal centre of Canada is marked at 96° 48' 35", 29 km/18 mi. east of Winnipeg on the TransCanada Highway.
- In addition to being one of the finest natural sand beaches in North America, Grand Beach* is one of the continent's foremost sites for sailboarding and sailing.
- The lush forests of Riding Mountain National Park* and the desert-like sand dunes in Spruce Woods Provincial Park* punctuate Manitoba's prairie landscape.
- Known for superb canoeing, the Seal and Bloodvein rivers are two of only six heritage rivers in all of Canada.
- The International Peace Garden* at the Manitoba/North Dakota border is the world's largest garden dedicated to peace.
- Winnipeg is home to such noted performing companies as the internationally acclaimed Canada's Royal Winnipeg Ballet and the Winnipeg Symphony Orchestra.
- There are 28 species of trophy fish in Manitoba. The largest game fish caught by an angler was a 56.4 kg (124 lb.) lake sturgeon, although commercially caught sturgeon have exceeded 90 kg (200 lb.).
- Churchill*, Manitoba's seaport on Hudson Bay, is known as the Polar Bear Capital of the World and is an excellent destination to view the aurora borealis (northern lights).
- Thousands of beluga whales gather each summer in the mouth of the Churchill River and in Hudson Bay.
- Every year in mid-April, tens of thousands of red-sided garter snakes emerge from limestone sinkholes near Inwood, the Garter Snake Capital of the World.
- The oldest church in continuous service in Western Canada, St. Andrews Church, located north of Winnipeg, still uses kneeling benches covered with buffalo hides.
- Over a century after Icelanders arrived in Manitoba's eastern Interlake, the town of Gimli remains the largest Icelandic settlement outside the homeland.
- There are numerous museums in Manitoba, including Winnipeg's Manitoba Museum*, one of the three-star Michelin Green Guide museums in Western Canada, plus many pioneer, cultural and archeological exhibits throughout the province.
- The Winnipeg community of St. Boniface, which stages Le Festival du Voyageur every winter, is the largest francophone community west of the Great Lakes.
- Manitoba is a maritime province with an ocean coastline on Hudson Bay and a seaport at Churchill.
- Lake Winnipeg is the 14th largest freshwater lake in the world. It is approximately 441 kilometres/265 miles long.
- West Hawk Lake is the deepest lake in Manitoba at 111 metres/365 feet. It is believed to have been formed by a meteor.
- The name Manitoba comes from the Cree words Manito bau - the narrows of the Great Spirit.
- The Hudson Bay Railway, completed in 1929, extends 1,600 km/1,000 miles from Winnipeg to Churchill.
- Few Canadian black bears have achieved the literary renown of "Winnipeg", Captain Harry Coleburn's pet black bear. Lasting fame came to Winnipeg after a boy, Christopher Robin, and his father, A.A. Milne, saw "Winnie" the bear at the London Zoo.



* **Manitoba Star Attractions** - watch for the Star Attractions logo on street and highway signs. This directs you to Manitoba Star Attractions that provide high quality tourism experiences.



Enjoy a rail journey and discover the many places and faces of Manitoba.



MANITOBA

SAMPLE ITINERARIES

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FOLLOWING THE FUR TRADE



{ *Manitoba's historic
red river route*

This province's rich history unfurled along the wide, natural waterways of its rivers -- and visitors can recapture that history today.

From the gentle splash of canoe paddles to the buzz of urban powerboats, the Red River has mirrored the sounds of Manitoba's history. Thousands of years ago, birch canoes travelled this river. Later, wooden canoes and lumbering York boats carried furs for the Hudson Bay Company and rival Northwest Company. They were followed by boatloads of settlers: Scottish, British, French, eventually Eastern Europeans and Mennonites, who came seeking land where their families could prosper.

Today, you can track this province's vibrant history by following the Red River's historic landmarks.

Manitoba's Mennonite, Métis & French Flavours

Along Highway 75 south of Winnipeg, villages like St. Adolphe, Ste. Agathe, and St. Norbert reflect the late 1800s surge of French settlement into Manitoba. For a taste of French flavour, tour the church and convent in St. Jean, stop at Le Musée de St. Pierre-Jolys, and visit the cathedrals of St. Adolphe and St. Norbert. Don't miss St. Norbert Provincial Heritage Park, which traces Métis (people with French and aboriginal ancestry) history here, and the Trappist Monastery Provincial Park.

Mennonites settled around Niverville in the 1870s, gathering west of what's now Highway 75. Look for the historic Mennonite Landing spot near Ste. Agathe, and for traditional villages and house-barns that can still

be seen in Neuberghthal near Altona. Or visit the Mennonite Heritage Village in Steinbach to re-live days gone by.

2 Winnipeg's Roots

With roots as an early fur trade hub, later a gateway to Canada's pioneer west and centre of commerce, Winnipeg boasts rich history. Explore stunning turn-of-the-century architecture while strolling the streets of the Exchange District National Historic Site. Visit St. Boniface Museum* and St. Boniface Cathedral to learn about Louis Riel, Manitoba's founding father. Historic related must-sees include Upper Fort Garry Gate, Dalnavert House*, Riel House National Historic Site, Seven Oaks House Museum and others.

Get in touch with our aboriginal roots at Thunderbird House, walk through six thousand years of history with a dramatic walking tour at The Forks National Historic Site*, and visit The Forks Market for unique souvenirs and a bite to eat. And don't forget to visit Michelin Guide's "worth the trip" Manitoba Museum*, and the Manitoba Legislative Building*.

Manitoba's Ukrainian immigrants began arriving in the late 19th century, and their stories are told at The Ukrainian Museum of Canada in the Holy Trinity Ukrainian Orthodox Cathedral, St. Joseph Ukrainian Catholic Church, and at the Oseredok Ukrainian Cultural and Educational Centre, one of the largest outside Ukraine.

3 The Fur Trade Story

Travelling north through Lockport and Selkirk, aboriginal history and culture are celebrated at Lockport Heritage Park, home to the Kenosewun



Centre and at Brokenhead Ojibway Nation Historic Village in Scantbury.

More recent fur trade history is reflected at Lower Fort Garry National Historic Site*, where the fur trade era comes alive all summer long. To glimpse into this area's British and Scottish heritage, drop into the Captain Kennedy Museum and Tea House on River Road and visit St. Andrew's-on-the-Red Anglican Church – Western Canada's oldest stone church. Then launch a marine expedition, visiting Lockport's historic St. Andrews Locks and Dam, and the Marine Museum of Manitoba* in Selkirk.

While in Selkirk, stop by St. Peter Dynevor Church, built in 1852, and the Red River Settlement's only Native Anglican parish.

4 Voyageur Rivers

Further north of Lake Winnipeg, along surging rivers such as the Hayes at York Factory and Norway House, intrepid adventurers can follow in footsteps of traders all the way to Hudson Bay, where goods were shipped back to England.

HIGHLIGHTS

French flavour, aboriginal history, Métis pride and fur trade follies

ROUTE

Highway 75, 59 and 9

TRIP LENGTH

3 - 4 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Economic Development
Council for Manitoba
Bilingual Municipalities
www.cdcm.com

Pembina Valley
Tourism Association
www.pembinavalleytourism.com

Destination Winnipeg
www.destinationwinnipeg.ca

Parks Canada
Historic Sites
www.pc.gc.ca

Interlake Tourism
Association
www.interlaketourism.com

*Travel back in time at Lower Fort Garry National Historic Site.**



*Manitoba Star Attractions

TRANSCANADA EXPLORER

*The land that
entranced
pioneers*

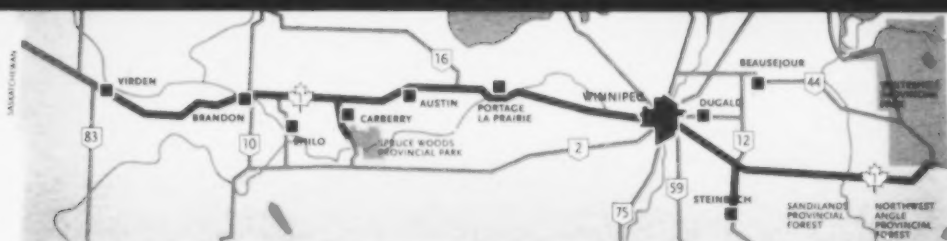


The vast landscape of Canada's Prairies starts here in Manitoba.

Travel the route Canada's early explorers followed to open up the Prairies for our pioneer settlers and ranchers along Manitoba's scenic section of the TransCanada Highway, the world's longest national highway at 7,821 km (4,860 mi.) from the Pacific to Atlantic oceans. You'll move from rugged Canadian Shield Country through boreal forests and onto the broad, rich plateau of Canada's Prairies. You'll discover the unexpected with meaningful detours along the way.



A summer rainbow touches Brandon's skyline.



day 1 Wilderness Magic

In Whiteshell Provincial Park*, visit Rainbow Falls, a popular stop for photographers, and browse through the Whiteshell Natural History Museum at Nutimik Lake, housing an extensive collection of boreal forest bird and animal specimens. At Alfred Hole Goose Sanctuary, see the flock of more than 200 Canada geese that live here.

Then try horseback riding or a round of tennis or golf, and visit the Sandilands Forest Education Centre in Sandilands Provincial Forest. Heading towards Winnipeg, veer south to Steinbach's Mennonite Heritage Village* for a stroll through the 1870s, Mennonite-style, in a replica village, complete with "housebarns" and windmill. Or go north to Aspen Acres Reindeer Farm and the Broken Beau Historical Society Museum in Beausejour and see fashion through the ages at Dugald's Costume Museum of Canada*.

2 City Lights

In Winnipeg, visit The Manitoba Museum's* dioramas and three-storey ship "Nonsuch". Don't miss Assiniboine Park*, where the Conservatory, English Garden and Leo Mol Sculpture Garden attract bird/botany lovers. At the Pavilion Building, visit the Ivan Eyre Gallery to view works by three renowned Manitoba artists – Ivan Eyre, Walter J. Phillips, and Clarence Tillenius. Visit the Western Canada Aviation Museum* for Canada's largest collection of vintage "bush" planes.

Tour the Royal Canadian Mint* to see how Canada makes money. Then spend a little of it at one of the city's two casinos: Club Regent* and McPhillips Street Station*, or at the Assiniboia Downs* horse track.

3 Voyageur History

Heading west, look for the statue of the white horse that marks the village of St. François-Xavier and plan a lunch stop at the Medicine Rock Café. Closer to Portage la Prairie, visit the

Fort la Reine Museum and Pioneer Village, depicting Prairie life in the 1800s, complete with trading post, country church, schoolhouse, and restored homes.

4 Mechanical Marvels

En route to Brandon, stop at the Manitoba Agricultural Museum* in Austin, where Canada's largest collection of operating vintage farm machinery includes more than 500 implements, a pioneer village with more than 20 buildings, and Canada's only Amateur Radio Museum.

On a nature-loving note, visit the Seton Centre in Carberry where proximity to nature inspired writer Ernest Thompson Seton a century ago. At the Carberry Plains Museum, see artifacts from the lives of early area settlers.

Save time for a covered wagon ride through 30-metre (100-ft.) dunes at the Spirit Sands area of Spruce Woods Provincial Park*, home of Manitoba's unique, genuine desert.

5 For Queen and Country

Still in the Spruce Woods area, tour the Royal Canadian Artillery Museum on the Canadian Forces Base at Shilo, where the largest collection of artillery-related artifacts in the country is housed. In Brandon, continue the military theme with a tour of the Commonwealth Air Training Plan Museum*, then branch out to explore Riverbank Discovery Centre*, visit the Daly House Museum and Art Gallery of Southwestern Manitoba.

And at the western edge of Manitoba, the Terry McLean Art Gallery in Virden celebrates another well-known Manitoba artist, and the Manitoba Antique Automobile Museum in Elkhorn is home to one of North America's most extensive antique automobile collections. Continue to Saskatchewan or return to Winnipeg on Hwy. 2 or 3.

HIGHLIGHTS
history, horses, nature,
money, art, agriculture, and
antiques

ROUTE

TransCanada Highway from
the Whiteshell to Virden

TRIP LENGTH
5 to 6 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Manitoba Provincial Parks
www.manitobaparks.ca

Eastern Manitoba
Tourism Association
www.easternmanitobatourism.ca

Destination Winnipeg
www.destinationwinnipeg.ca

Central Plains
Tourism Association
www.echoesandlegends.com

Brandon Tourism
www.brandontourism.com

Southwest
Tourism Association
www.southwestmanitoba.ca



* Manitoba Star Attractions

FLOWERS, FIELDS & FORESTS



{ share in our
bountiful harvests }

Manitoba's farmfields glow with spring colours under wide, brilliant blue prairie skies.

Every summer, southern Manitoba is a blossoming garden of bright yellow canola squares, patches of cerulean blue flowering flax, and the deep, rich green of young grain and corn fields. Manitobans are also avid garden-growers with many of the province's towns and cities routinely taking top prizes in Canada's annual Communities in Bloom competition.

For a garden tour of epic proportions, there is no place better than southwestern Manitoba's farmfields, forests and flower patches.

How Does Your Garden Grow?

Before heading out of Winnipeg, stop at Assiniboine Park's* English Garden, Conservatory, and Leo Mol Sculpture Garden to whet your botanical appetite with fine sculptures in natural settings, formal floral beds, and exotic hothouse flora.

Visit the town of Carman's greenhouses – Vanderveen Greenhouses and Aubin Nurseries – where discerning gardeners come for new plants and ideas.

Tour Agriculture Canada's Morden Research Station, where special crops, fruits and ornamental plants are developed, including the world-famous Morden roses. Stop at the Canadian Fossil Discovery Centre* and excavate at a paleontology dig.

2 Farm-Fresh and Friendly

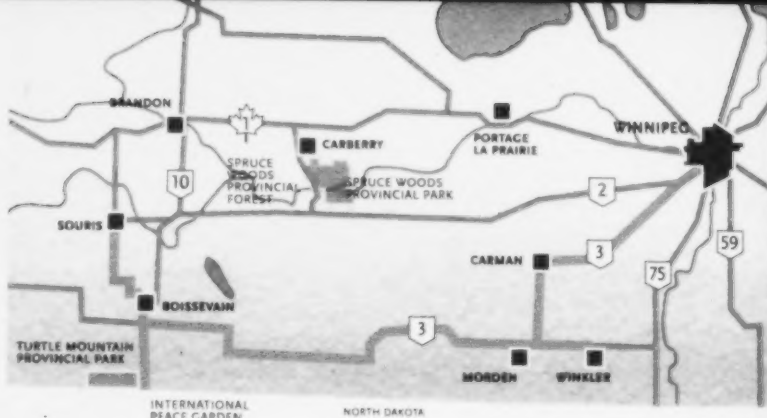
Manitoba's farm-fresh food is famous for its quality, and in late summer, you'll want to taste the Carman Potato and Blossom Festival, Winkler Harvest Festival, Morden Corn and Apple Festival, and Altona's Manitoba Sunflower Festival.

And if you're here in autumn, line up for one of Manitoba's famous fall suppers at town halls all over the province: turkey dinners with all the fixings and every pie imaginable for dessert.

3 Ma Nature: Gardener Extraordinaire

Mother Nature is, of course, our first and best gardener. Near Boissevain the Lorna Smith Nature Centre protects prairie plants and wildlife species in a natural setting. And don't miss the town's outdoor murals* and streetscaping. Boissevain competes in Canada's yearly Communities in Bloom, with a seniors' home arboretum, Purple Martin tower, park gazebo, mill and fish pond, and public and private flower gardens.

Leo Mol's bronze sculpture possess a unique, delicate beauty.



In Turtle Mountain Provincial Park, follow easy hiking paths through rolling forested hills and around small lakes to find marshy beaver ponds and sunlit meadows. And in Souris, walk over the Swinging Bridge* beside the Hillcrest Museum. The free-suspension bridge, the longest of its kind in Canada, is more than a hundred years old, and spans 177 metres (582 feet) over the Souris River.

4 Peace, Flowers, and Freedom

The *pièce de resistance* for any Manitoba garden tour, the International Peace Garden* encompasses 2339 acres – one-third in the United States and two-thirds in Canada. Since 1932, this garden has symbolized the friendship between these two nations with reflecting pools, a dazzling floral Formal Garden, a Peace Tower and Peace Chapel, and seven "Peace Poles" on which the words "May Peace Prevail" are written in twenty-eight different languages. Steel girders from the World Trade Center make up the 9/11 Memorial.

HIGHLIGHTS

gardens, floral displays, art murals, summer food festivals and fall suppers galore

ROUTE

Highway 3 and 10 (To International Peace Garden)

TRIP LENGTH

4 to 6 days

CONTACTS

Travel Manitoba

www.travelmanitoba.com

Destination Winnipeg

www.destinationwinnipeg.ca

Assiniboine Park Gardens

www.winnipeg.ca/cms/ape/conservatory/gardens.stm

Pembina Valley Tourism Association

www.pembinavalleytourism.com

Southwest Tourism Association

www.southwestmanitoba.ca

International Peace Garden

www.peacegarden.com



*Manitoba Star Attractions

SUMMER ESCAPES

{ sugar-sand beaches
and sun-dappled
forests



Come summer, relax on vast stretches of sugar sand beaches--at Grand Beach, Winnipeg Beach, Victoria Beach and others.

Southern Manitoba's provincial parks, cottage country beaches, and 100,000 wilderness lakes are at their best in high summer, when our skies glow bright, clear blue over white sand crescents and outcrops of craggy, glacier-carved granite. Tucked into forests fringing those sandy beaches, cottage communities drowse happily in green-dappled sunlight. And those communities love to see visitors.

day 1 A Land of Lakes

Our biggest lake, 9,500-square-mile Lake Winnipeg, rivals a few of the Great Lakes for sheer size and boasts one of the world's finest beaches, just an hour's drive north of our capital city and international airline hub of Winnipeg.

Aptly-named Grand Beach, in Grand Beach Provincial Park*, edges shallow water perfect for wading, and its sculpted golden dunes are home to wildlife and shorebirds. A day trip to Grand Beach isn't complete without a stop en route at Lockport for Skinner's or Half Moon hot dogs and a ramble along the dam to see how the catfish are biting.

More beaches are strung along Lake Winnipeg's eastern and western shores -- among them Gimli, our Icelandic community's historic fishing port.

2 Vikings and Vinetarta

Gimli makes an ideal overnight stop for beach strolls and explorations of the marina's bustle of sailboats and small fishing vessels. The town's main street buzzes with sea-themed restaurants, The New Iceland Heritage Museum* and shops. Tergeson's general store has been in the family for four generations, and a taste of the Central Bakery's vinetarta (Icelandic shortbread cake) is a must.

A half-hour's drive further north, the historic little village on Hecla Island, Hecla/Grindstone Provincial Park*, offers history buffs comfortable self-guided walking tours while nature enthusiasts can stroll the Grassy Narrows Marsh wildlife habitat's boardwalks, beaches or explore miniature limestone cliffs. Golfers overnighiting at Gull Harbour Resort will be able to squeeze in an early morning game.

3&4 Fashions, Pines and History

Northeast of Winnipeg, the Costume Museum of Canada* showcases more than 35,000 examples of clothing spanning some 400 years. Then spend a day or two in Whiteshell Provincial Park's* thousand square miles of forest, lakes and rivers, where dozens of cozy resorts make perfect bases for hiking, fishing, canoeing, birdwatching, or horseback riding.

See a flock of more than 200 Canada geese at the Alfred Hole Goose Sanctuary, then stop at Whiteshell Trappers Museum to learn about fur-trapping history. The Whiteshell Natural History Museum at Nutimik Lake offers tours of nearby Bannock Point's sacred petroforms, West Hawk Museum documents the park's



unique geology, and Whiteshell Fish Hatchery and Visitor Centre offers tours and exhibits.

5 River Walks and Waterways

On the way back to Winnipeg, see Seven Sisters Falls power dam, one of Manitoba's earliest hydro-electric projects. Swing by Pinawa for a walk along its self-guiding trails and neat little suspension bridge. In Pine Falls, tour the Tembec Paper Group and Manitoba Hydro's Pine Falls Generating Station and visit St. Georges Museum, where French settlers' artifacts date back to the late 1800s. Try your luck at the South Beach Casino near Libau and enjoy Beausejour Daylily Gardens, Broken-Beau Historical Society Museum pioneer village and nearby Cook's Creek Grotto and museum.

HIGHLIGHTS

Beach strolls, walking trails
au naturel, wildlife-watching
and unique souvenir
shopping

ROUTE

hub and spoke from
Winnipeg - Highways 59,
8, 9, 1 and 44

TRIP LENGTH

3 - 5 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Manitoba Provincial Parks
www.manitobaparks.com

Eastern Tourism Association
www.easternmanitobaturism.ca

Interlake Tourism
Association
www.interlaketourism.com

Stroll marina boardwalks along Lake Winnipeg.



* Manitoba Star Attractions

WATERFALLS & MUSEUMS NORTH

Our fur trade
history comes alive

Pure, perfect wilderness greets travellers who venture into northern Manitoba.



*Aboriginal crafts are hand-made,
in accord with traditional methods.*

Manitoba's rugged landscape is tailor-made for adventure: wildlife-watching in secluded Duck Mountain Provincial Park, exploring early voyageur history in The Pas and Thompson, or just soaking up the vast beauty of one of North America's last great wilderness forests. Start off north of Riding Mountain National Park* then head straight north to Manitoba's first – and last – frontier, where our hardy pioneer spirit still shines.

day 1 The Call of the Wild

Start in Dauphin and visit Fort Dauphin Museum, a replica 18th century fur trade post with its blacksmith shop, trapper's cabin and pioneer buildings. The majority of the settlers were of Ukrainian descent and their heritage is celebrated during Canada's National Ukrainian Festival each summer.

Travel west to Assinippi Provincial Park where the river valley of the Assiniboine and Shell rivers form Lake of the Prairies. Assinippi Ski Area and Park* and the town of Russell provide year-round recreational activities and services. Continue north to Duck Mountain Provincial Park for hiking, canoeing and fishing.

2 Those Courageous, Quirky Northerners

In The Pas, explore the Sam Waller Museum* with its interpretive displays about northern Manitoba and its eclectic collection of artifacts. A walking tour features Christ Church, founded by Henry Budd, the first Native ordained to the Anglican ministry and the Saskatchewan River where riverboats once operated. Across the river is Aseneskak Casino.

Descendants of fur traders still paddle northern lakes.

Stroll white beaches on the shores of blue water lakes and discover the "caves" – deep crevices in shoreline cliffs in Clearwater Provincial Park. See the land change to Precambrian shield at Grass River Provincial Park and Flin Flon, a mining community built on rocks. The statue of Flintabatey Flonatin guards the entrance to this community and tells how the city obtained its name, while Snow Lake's Mining Museum pays tribute to those latter-day adventurers.

3 The Quest for Furs

As you follow the Grass River, you are traveling the same route carved out by explorers like Samuel Hearne and the fur traders. Stop at Wekusko Falls for a view of the river and at Pisew Falls Provincial Park*, where the river drops 13 metres (43 feet), reverses direction and jets through a gorge. A short boardwalk leads to Pisew Falls or go partway up the 11 km (7.5 mile) trail to Kwasitchewan Falls, Manitoba's highest waterfall.

4 Of Mines and Minerals

In Thompson, stop by Inco's giant nickel mine for an insider's look at the massive smelting facility, where raw ore is raised from deep within the ground to become refined nickel used in everyday products such as "stainless steel" kitchen sinks.

At Thompson's Heritage North Museum, witness northern history from aboriginal people to fur traders and miners. The canoe on display is one of the few remaining that are made by hand from spruce gum and birchbark.

Although the tour ends here travel from Thompson to Churchill*, the polar bear capital of the world, by VIA Rail train or fly commercial air. See Bears, Whales and Northern Lights tour, page 16 or return to Winnipeg by Highway 6 taking you through the Interlake Region.

HIGHLIGHTS

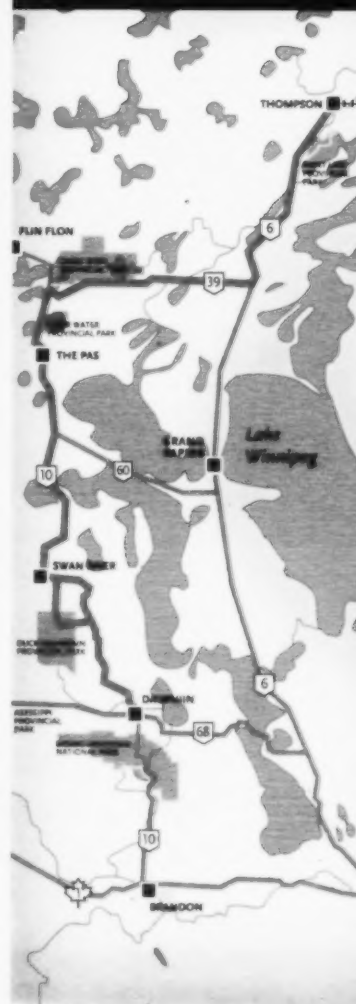
wilderness scenery, wildlife, and quirky, colorful museums and local characters

ROUTE

Highways 5, 83, 367 back to Highway 10 and Highways 39 and 6 to Thompson

TRIP LENGTH

3 to 5 days



NORTH DAKOTA

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Manitoba Provincial Parks
www.manitobaparks.com

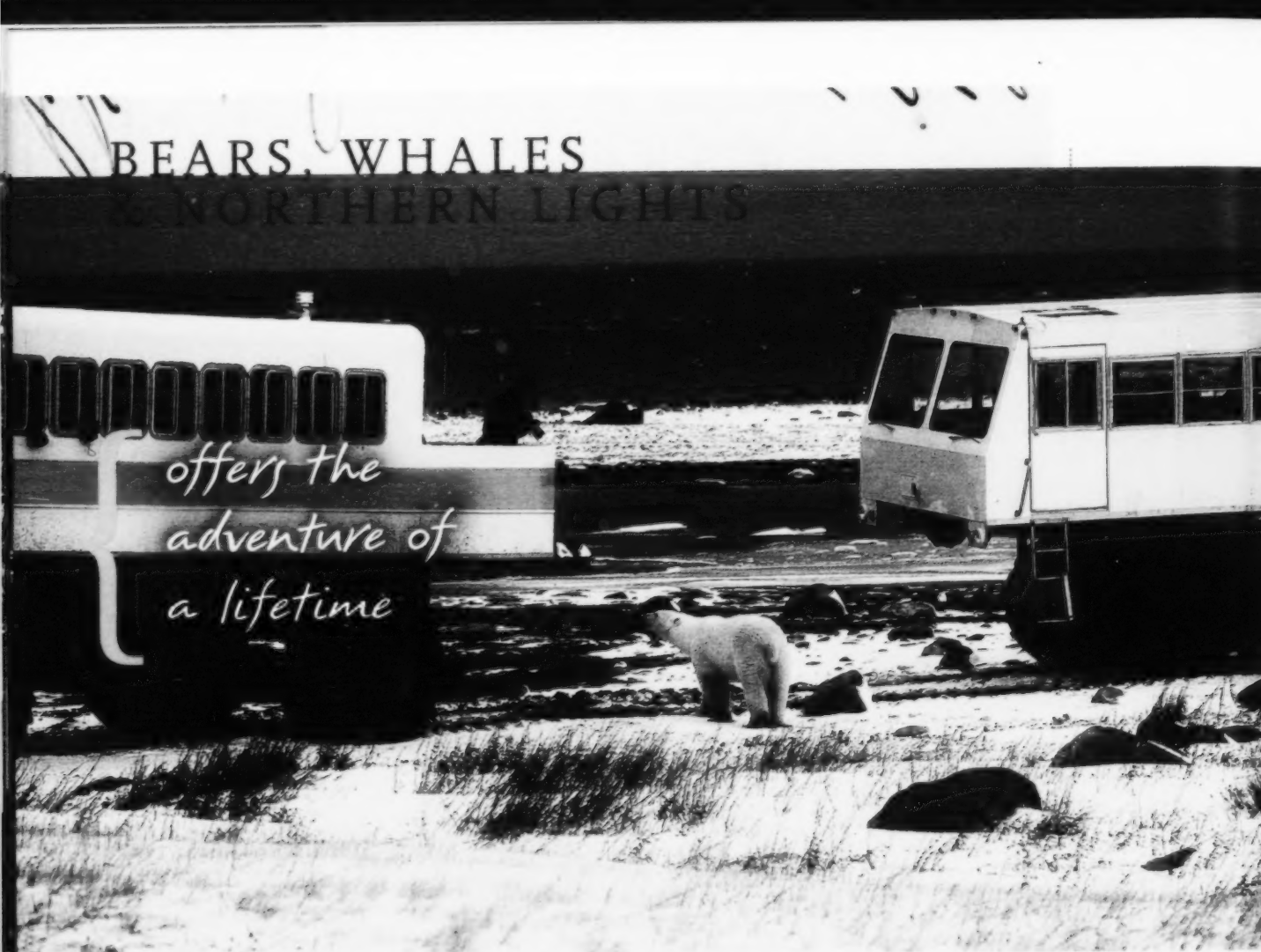
Parkland Tourism
www.parklandtourism.com

Tourism North Manitoba
www.tourismnorthmanitoba.com



* Manitoba Star Attractions

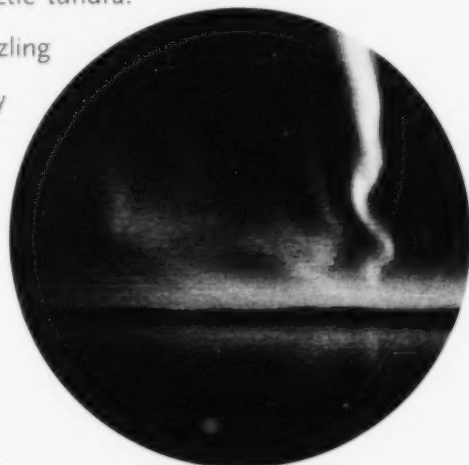
BEARS, WHALES & NORTHERN LIGHTS



*offers the
adventure of
a lifetime*

The largest concentration of polar bears in the world travel the coastline of Hudson Bay awaiting pack ice.

Canada's only sub-Arctic seaport, the town of Churchill* has made its international reputation as the Polar Bear Capital of the World. This community of hardy northerners sits on the bears' annual fall migratory route back to Hudson Bay from the Arctic tundra. But Churchill boasts even more natural wonders. Whether it's dazzling Northern Lights or Aurora Borealis, the aerial drama of migratory birds overhead, or deep, rich summer and fall colours of tundra mosses and wildflowers, or thousands of curious beluga whales in the Churchill River, Churchill is filled with life.



Northern Lights: the spirits of our ancestors.

day 1 Lords of the Arctic

The best time of year to catch sight of polar bears is in October and November, when these massive beasts move from their summer habitat on the tundra back to seal-hunting territory – the pack ice that forms every winter over Hudson Bay.

The unique local tundra vehicles, designed to move smoothly over snow and ice, protect passengers from curious or hungry bears.

2 Hear Sea Canaries Sing

From late June until mid-August, thousands of beluga whales or “sea canaries” – named for their underwater vocalizing – feed in the Seal and Churchill rivers emptying into Hudson Bay. Some tour operators enable visitors to listen in on the belugas, and adventurous travellers can kayak or snorkel with these friendly, curious sea mammals.

3 Want a Night Light?

At night under clear winter skies, the highest intensity of aurora activity in the Arctic happens over this region, so chances are good for a genuinely dramatic display of Aurora Borealis – dancing “light curtains” glowing green, red, yellow and white. Watch outdoors or enjoy comfortable viewing inside the Tundra Domes, with its plexi-glass covered seating areas.

4 Scenic Beauty, Tundra-style

The sub-Arctic summer landscape offers up surprising bursts of colour. More than 400 native plants species can be found here, from mosses and lichens to bearberries and yellow willows. Look for the delicate beauty of dozens of varieties of wildflowers, and keep an eye out for woodland caribou and nesting swans.



Beluga whales, Churchill's summer “sea canaries” greet visitors.

5 The Sky's the Limit

In spring and fall, birders flock here to watch avian migrations as northern species, including bountiful snow and Canada geese, head north or south. Tundra and taiga provide habitat for more than 200 species of native birds, including a large variety of hawks and falcons like the gyrfalcon and peregrine falcon. Snowy owls are common here, as are tundra swans, terns, and gulls. Harlequin ducks and the rare Ross' gull are less commonly seen, but when they are, it's the sight of a lifetime for an avid birder.

6 Human History

In and around town, the Eskimo Museum houses soapstones sculpture and artifacts, and Parks Canada Visitor Reception Centre explains the area's natural and human history. Pick up local crafts like carvings, prints, beadwork and moccasins in town shops. Near town, the National Historic Sites of Cape Merry, Prince of Wales Fort, and Sloop Cove offer eloquent testament to the fierce challenges early explorers faced. The Churchill Northern Studies Centre offers public courses in Arctic studies. Once you've spent time here, you'll agree: this really is a different world.

Refer to the Tour Operator section on page 42 for a list of Churchill packages.

HIGHLIGHTS
polar bears, beluga whales,
birding, Aurora Borealis

ROUTE
Highway 6 to Thompson
then by air or rail to
Churchill or by air or rail
direct from Winnipeg

TRIP LENGTH
3 to 6 days



CONTACTS

Travel Manitoba
www.travelmanitoba.com

Parks Canada
www.pc.gc.ca

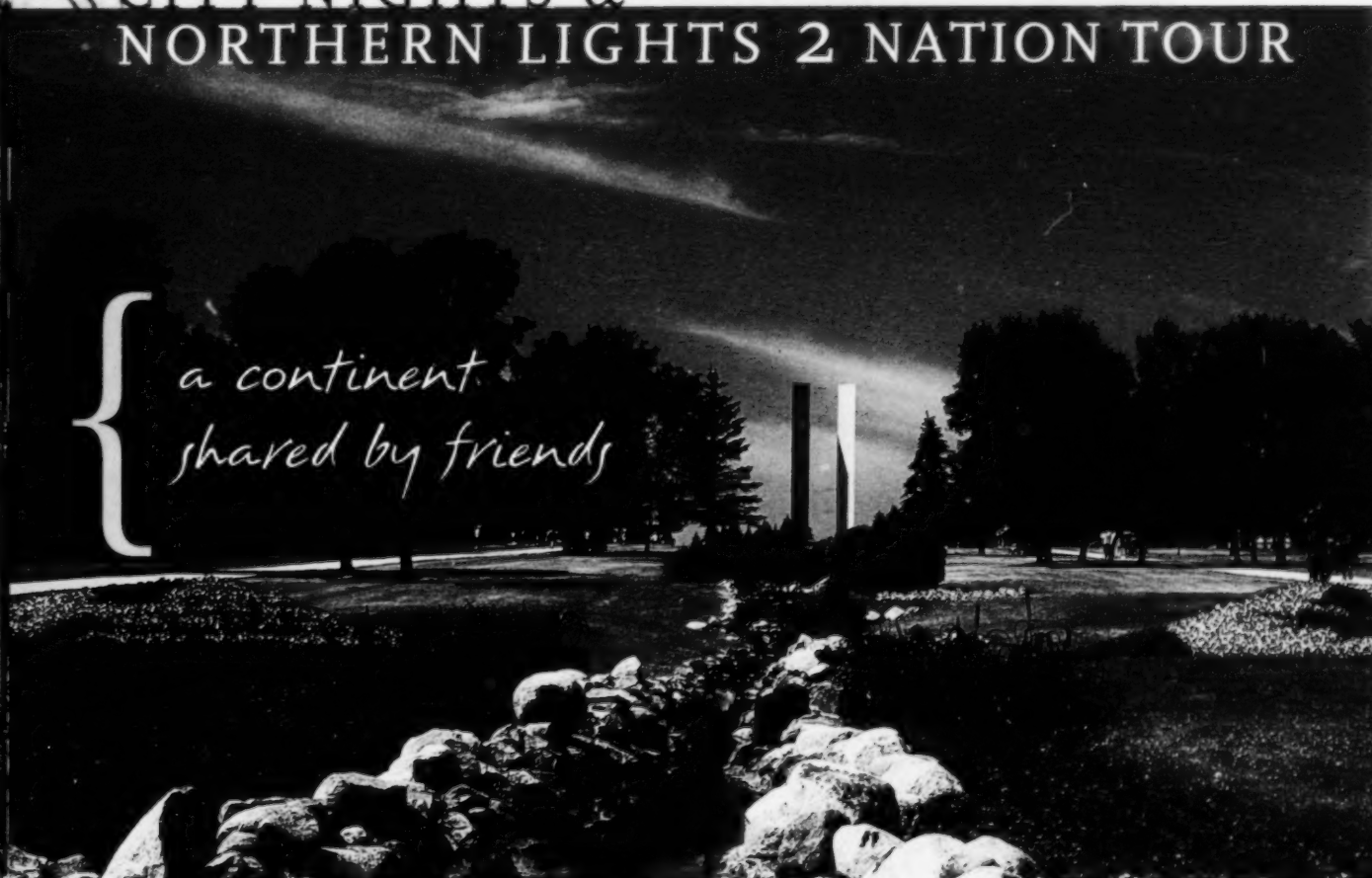
Churchill
www.churchillmb.net/~ccomm
www.townofchurchill.ca

Tourism North Manitoba
www.tourismnorthmanitoba.com



*Manitoba Star Attractions

CITY NIGHTS & NORTHERN LIGHTS 2 NATION TOUR



{ a continent
shared by friends }

At the International Peace Garden, two neighbouring nations celebrate their historic friendship.

For touring with an international flavour, discover our signature 2 Nation Tour of the Canadian province of Manitoba and the American states of North and South Dakota and Minnesota. Follow the footsteps of Lewis and Clark, the pioneers, fur traders, and aboriginal peoples. Explore a national park, the Prairies, and lake country, and share in the diverse, rich spirit of two historic friends and neighbouring nations.

City Nights

From Bemidji in Minnesota, travel to Winnipeg to sample just a few of the attractions, activities and dining Manitoba's cosmopolitan capital city offers. Discover early Manitoba history through theatrical walking tours at The Forks National Historic Site*, where there's also a riverwalk, shops, restaurants and special events. Explore the architecture and atmosphere of the Exchange District and experience St. Boniface's old world charm.

At The Manitoba Museum*, climb aboard the Nonsuch, a life-size replica of a ship from the 1600s that sailed from England to Hudson Bay.

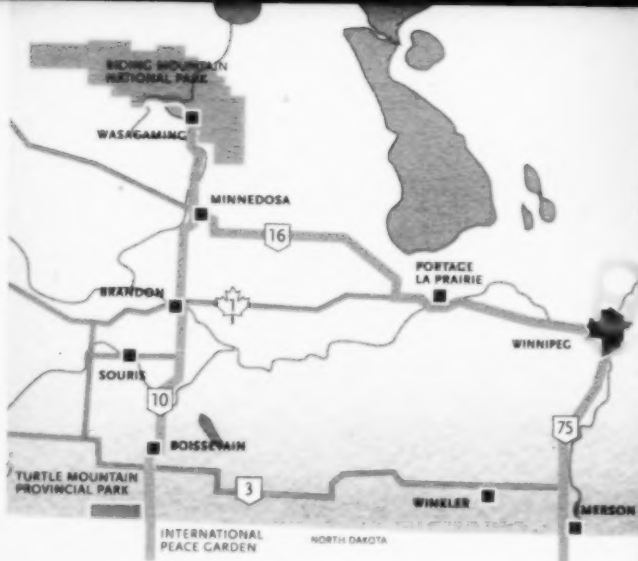
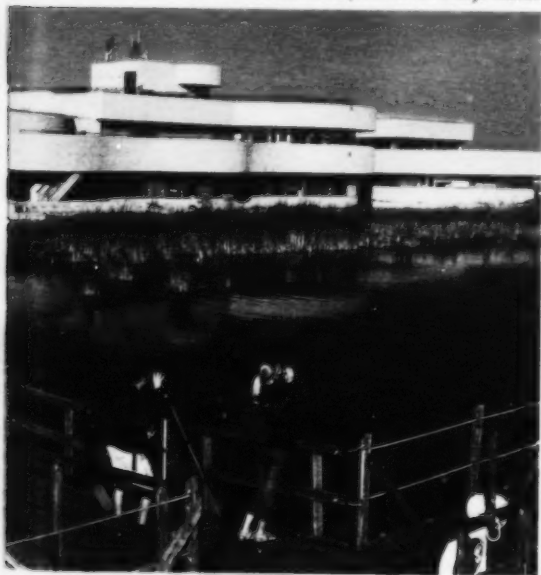
Check out Canada's largest collection of genuine bush planes at the Western Canada Aviation Museum*, ponder Inuit sculpture at the Winnipeg Art Gallery* and the Neo-Classic designed Legislative Building*. For a taste of nature, visit Fort Whyte Centre* or paddle canoes through the wetlands at Oak Hammock Marsh Interpretive Centre*.

Stroll the Leo Mol Sculpture, and English Gardens at Assiniboine Park*. Then choose from evening activities ranging from dinner theater, Broadway musicals, gaming at the casinos or dining in ethnic neighbourhood restaurants.

2 Living Natural Heritage

Then follow the TransCanada Yellowhead Highway to Riding Mountain National Park*, an oasis of forests and lakes in the middle of the Prairies. Enroute, stop at the fur trading post of Fort la Reine Museum, then at Minnedosa's Heritage Village and nearby bison compound and suspension bridge. In Neepawa see the Lily Nook, where hundreds of varieties of lilies can be seen and Margaret Laurence Home. In the National Park, spot wildlife in the forests, meadows, and marshlands. In Wasagaming (Clear Lake), visit shops and restaurants and tour the museum, visitor centre and marina, or test out the championship golf course. Overnight at one of the park's cabins or motels or at Elkhorn Resort, where the Solstice Spa offers additional pampering.

Oak Hammock Marsh preserves rich wildlife habitat.



3 Farmfields and Flyboys

Then it's south to Brandon, Manitoba's second largest city, where a rich agricultural heritage is reflected at the Daly House Museum; and Manitoba's role in World War II training is commemorated at the Commonwealth Air Training Plan Museum*. Walk over one of Canada's longest suspension bridges* in Souris, spanning 177 metres (580 ft.) across the Souris River. In Boissevain, considered one of Canada's most beautiful towns, the art is the thing to see on a walking tour of outdoor murals*. At the Moncur Gallery and the Wildlife Museum, local natural history and archaeology are documented. Stop at Dueck's Cedar Chalet for a homemade meal. Overnight in Boissevain or at Walkinshaw Place, adjacent to Turtle Mountain Provincial Park.

4 Flowers, Wild and Otherwise

In Turtle Mountain Provincial Park, follow easy hiking paths through forested hills and around small lakes to find marshy beaver ponds and sunlit meadows.

At the International Peace Garden* on the Manitoba/North Dakota border, more than two thousand acres of spectacular flower gardens, landscaping, and scenic walks honour the longest unfortified border in the world symbolizing peace between the two nations. Steel girders from the World Trade Center make up the 9/11 Memorial. It's a fitting spot to cross back into the United States for the remainder of your tour.

HIGHLIGHTS

Gardens, parks, scenic beauty, urban culture, and history

ROUTE

From Minnesota enter Canada on Highway 75 to Winnipeg, Trans-Canada Yellowhead Highway and Highway 10 south to North Dakota and South Dakota

TRIP LENGTH

14 days
(three in Manitoba)

CONTACTS

For a complete itinerary of the 2 Nation Tour go right to:
www.travelmanitoba.com/visitorinfo/scenic_highway.html

Explore Minnesota
www.exploreminnesota.com

North Dakota Tourism
www.ndtourism.com

South Dakota Tourism
www.sdtourism.com



*Manitoba Star Attractions

PEEK BEHIND THE SCENES

*takin' care of business
Manitoba - style*

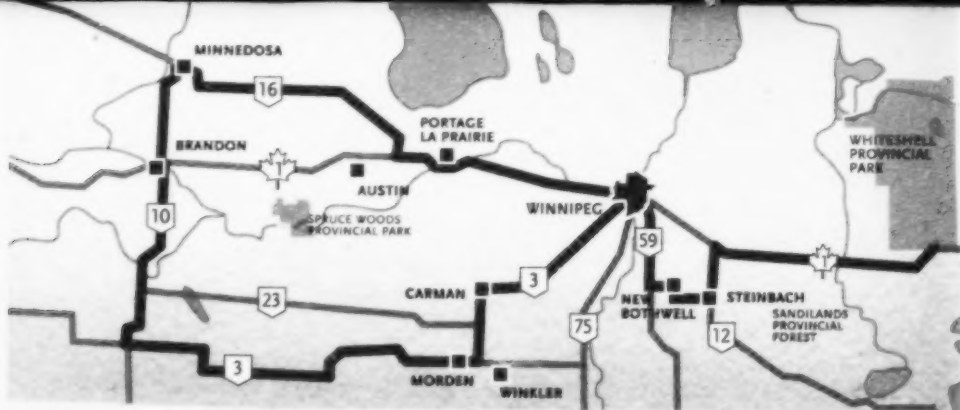
The Nonsuch, housed at The Manitoba Museum, is a perfect replica of the ship that sailed here hundreds of years ago from Britain.

Manitoba is one of Canada's most economically diverse provinces, with everything from heavy manufacturing to fine hand craftsmanship. We'd love to show you how we make money, furniture, chocolate, cheese, how we turn grain into "gasoline," and how our farmers grow your food right here on Canada's Prairies.

For more behind-the-scenes options, refer to the Tour Operator section, pages 38 to 46 for a list of companies providing customized tour programs for technical and travel learning experiences.



Winnipeg's Royal Canadian Mint makes money—literally



HIGHLIGHTS

ballet, making money, clothes, and growing grain for food and fuel

ROUTE

Highway 59 and TransCanada Highway, TransCanada Yellowhead Highway, Highways 10 and 3

TRIP LENGTH

3 days to a week

day 1 Big City Buzz

Delectable goodies, fine fashions, designer furniture – Winnipeg has it all. Start with a visit to the original clothing factory where Canada's famous Peter Nygard got his start. Drop by the Royal Canadian Mint*, where Winnipeg makes tons of money for Canada and many other countries. Step inside Palliser Furniture's factory for a peek at the sleek, contemporary lines of EQ3 home furnishings.

Then see why agriculture is "ingrained" in Manitobans. The Canadian Wheat Board, representing farmers across western Canada, is the world's largest exporter of wheat and barley.

Pique your appetite for made-in-Manitoba goodies with a trip to Old Dutch Chips – real potato chips cut from potatoes and packaged in a rainbow of flavours. Choose from hundreds of delectable chocolates at Morden's of Winnipeg.

2 Hands-on

Watch Canada's world-renowned Royal Winnipeg Ballet dancers plié during rehearsals. Trade for furs and make clay pots at The Manitoba Museum* or conduct a late 1800s trial at Lower Fort Garry National Historic Site*. Paddle a canoe at Oak Hammock Marsh Interpretive Centre* and throw an atlatl, precursor to the bow-shot arrows at Fort Whyte Centre*. Learn about French Canadian heritage in St. Boniface, Inuit art at the Winnipeg Art Gallery* and see film specials at the IMAX® Theatre. Walking tours throughout the city tell the stories of brave explorers, innovative pioneers and industrious entrepreneurs.

3 Down On The Farm

Visit Manitoba farms and see why Canada's Prairies have been called the breadbasket to the world.

Head southeast of Winnipeg to the tiny town of New Bothwell, to tour the Bothwell Cheese plant. Then visit one of Agricore's grain elevators – perhaps in Steinbach – and then mill flour and bake biscuits in the summer kitchen at the Mennonite Heritage Village*. A bit further east is Sandilands Forest Education Centre and Whiteshell Provincial Park's* Fish Hatchery.

4 Food For Thought

On the way west, make candles and bake bread at the Manitoba Agricultural Museum* in Austin. Stop at Brandon's or Morden's Agriculture and Agri-Food Canada Research Centres for a look at how new crops and farming technologies develop. Or dig at a paleontology site offered by the Canadian Fossil Discovery Centre* in Morden. Then tour the Food Development Centre in Portage la Prairie for an interesting look at how Manitoba foods turn into commercial product.

Right here on the Prairies in Minnedosa, Husky Energy/Mohawk Production Ltd, pioneered the turning of grain into environmentally-friendly, renewable resource ethanol – fuel for cars.

Steinbach's Mennonite Heritage Village displays vintage farm machinery.



CONTACTS

Travel Manitoba

www.travelmanitoba.com

Destination Winnipeg

www.destinationwinnipeg.ca

Manitoba Country

Vacations Association

www.countryvacations.mb.ca

Canadian Wheat Board

www.cwb.ca

Agricore

www.agricoreunited.com

Eastern Manitoba

Tourism Association

www.easternmanitobaturism.ca

Central Plains

Tourism Association

www.echoesandlegends.com

Brandon Tourism

www.brandontourism.com

Southwest Tourism

Association

www.southwestmanitoba.ca



* Manitoba Star Attractions



SPAS & WILDLIFE

*"roughing it"
has never been
so soothing*

Choose from spas in our cities or at wilderness resorts, depending on the sort of wild life you like.

As the early morning mist drifts across Riding Mountain National Park*, a cow elk moves across the forest clearing adjacent to the road, while an unseen bull elk bugles in the distance. Cameras whirl constantly, capturing the moment. Later that day, these wildlife-watching visitors will soak in the soothing mineral baths or take body treatments at a nearby resort spa.

Manitoba is one of those rare locations where luxury spa facilities nestle next to genuine wilderness. Autumn (late August to early October) is ideal for this trip, because that is when wildlife is at its most active, readying for the coming winter.

Urban Pampering

Just steps from the bustle of The Forks*, Winnipeg's famous riverside gathering spot, is the city's only boutique hotel, Inn at the Forks, and close by the historic Fort Garry Hotel. Their spas offer calm tranquillity, with treatments for manicures, pedicures, or leisurely body wraps and massages. Both are close to dozens of downtown restaurants and attractions, including Waterfront Drive, and the architectural landmark of Esplanade Riel, the stunning footbridge to historic St. Boniface.

2 More Relaxation

The Clarion Hotel and Suites also offers full service day spas, ideally located by the city's original signature shopping centre of Polo Park.

A number of spas are sprinkled elsewhere throughout the city, including the Edward Carrière Spa, Aveda-affiliated James Barclay Spa/Salon, and The Magic Room, as well as suburban locations like Giselle's Day Spa, Essentique Spa Salon, and Forget Me Not Day Spa.

3 Expeditions into Nature

In Manitoba, you don't have to rough it to get close to Ma Nature's wild creatures. Three hours west of Winnipeg, Riding Mountain National Park* is the favourite pick for wildlife-viewing in utter comfort. Here, nature buffs venturing onto side roads during prime hours of pre-dawn and dusk may find moose, elk, black bear and bison in meadows or browsing along roadsides. Beaver lodges dot marshy duck-filled ponds. On walking trails, wolf tracks and scat can be spotted – though seldom are these elusive animals seen. Guided trips offer the best chance of spotting wildlife, as local guides know park animals' favourite spots.

Majestic elk prefers browsing at dawn or dusk.



4 The Comforts of Home... and More

The parks' townsites of Wasagaming offers a wide range of accommodations, shops and restaurants. Just outside the park, Elkhorn Resort and Conference Centre's comfortable facilities include the airy, soothing Solstice Spa, its mineral baths, and a full range of massages, including mud wraps and Swiss Showers – with trained Reiki therapists.

Elkhorn guests can spend post-wildlife time unwinding at the spa, golfing, horseback riding along trails that begin next to the resort at the Triangle Ranch, or taking a leisurely nature walk around the resort's easy network of forest trails.

5 Birds and Baths

Winding more than 250 kms (150 mi.) through southern Manitoba, the beautiful Pembina Valley attracts numerous bird species including pelicans, great blue herons, and in spring, hundreds of red-tailed hawks. Nestled in the valley is Winkler, an agricultural town. Here, Heartland Resort and Conference Centre has a full-service spa treatment studio and a therapeutic mineral pool, perfect for post-birding tours.

HIGHLIGHTS

wildlife-watching in comfort,
a city spa tour, resort
relaxation

ROUTE

TransCanada Yellowhead
Highway and Highways
10 and 23

TRIP LENGTH

4 to 5 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Inn at the Forks
www.innforks.com

The Fort Garry
www.fortgarryhotel.com

Clarion Hotel and Suites
www.clarionhotelwinnipeg.com

Riding Mountain
National Park
www.pc.gc.ca/pn-np/mb/riding/index_e.asp

Elkhorn Resort
www.elkhornresort.mb.ca

Heartland Resort
www.heartlandresort.net

Parkland Tourism
Association
www.parklandtourism.com

Pembina Valley
Tourism Association
www.peminavalleytourism.com



Manitoba Star Attractions

GET IN THE SWING



{ manitoba's golf
vacations 'fore' the
discerning

Tee up at one of dozens of Manitoba golf courses-- well-designed, suprisingly affordable, and remarkably uncrowded.

Golf in Manitoba is a duffer's dream, with 131 public and private golf courses to choose from, and remarkably reasonable green fees. Our courses, designed by the likes of Stanley Thompson, Les Furber, Norman H. Woods and native Manitoban J.A. Thompson, are landscaped gems that take full advantage of Manitoba's rich natural assets – including parklands, water and wildlife. Deer, foxes, black bear, even the occasional wolf, have been spotted on our fairways. Choose high summer or early fall for your very own PGA tour.

day 1 Winnipeg: Greens City

Winnipeg alone boasts a full two dozen courses in or within a few minutes' drive of the city. Scenic Tuxedo Golf Course, built in 1934, is surrounded by mature oak, pine, poplar, maple and birch trees. Windsor Park's fairways curve invitingly around the pretty little Seine River. Harbour View's picturesque nine holes are perfect for beginners, and heavily-forested Kildonan Golf Course is set alongside the mighty Red River. At the edge of the city, John Blumberg Golf Course, billed as the city's premier public course, offers 27 holes for golfers of all skill levels. And short drives outside the city take avid golfers to scenic, semi-public courses like Kingswood Golf and Country Club or Larters at St. Andrews.

2 An International Draw

Near the town of Steinbach, 27-hole Links at Quarry Oaks is considered one of Canada's premier courses. Created by Canadian architect Les Furber, Manitoba's only inland links-style course received Four Stars in *Golf Digest's Places to Play Magazine*, and was ranked in the top 100 Canadian courses by Canada's *Score Magazine*.

The Steinbach Fly-In Golf Club's smooth greens and lush fairways are embellished by a river that comes into play on 14 of the 18 holes. The 17th and 18th edge the small Steinbach Airport runway, and shuttles are provided for "fly-in" players arriving in private planes.

3 Mother Nature Calling

Tee off in Manitoba's Whiteshell* region at the Falcon Lake Golf Course, and you'll be playing Manitoba's second Stanley Thompson course, in rugged Canadian Shield wilderness on the shores of Falcon Lake. This course ranked in the top 30, in *Score Magazine's* Canadian courses. Fairways here are fringed by thick forest and interrupted by the lazily winding Falcon Creek. Falcon Lake townsite offers full amenities and after a round of golf, hike, swim, fish, canoe or relax on the beach.

4 Where Eagles Fly – Overhead

The 18-hole Hecla Golf Course, designed by L.A. Thompson and set in Manitoba's Hecla/Grindstone Provincial Park* on Lake Winnipeg's southwestern shore, is ranked by *Golf Course Ranking Magazine* as one of Canada's top 25 golf resorts, and is considered Manitoba's top course. Fairways alternate views onto vast Lake Winnipeg with stretches of dense forest, and golfers may putt past wandering Canada geese or drive onto fairways while bald eagles soar overhead.



5 Perhaps the Prettiest of All

Riding Mountain National Park* is home to the favourite course of many Manitobans – Clear Lake Golf Course. The province's first Stanley Thompson-designed course, ranked among Canada's top 30 takes full advantage of its proximity to dark sapphire-coloured Clear Lake and the surrounding Parkland wilderness with its rolling hills, copses of thick forest, and natural streams. Unwind from a day on the links with a stroll through the resort town of Wasagaming, play a little tennis, treat yourself to a spa, or go canoeing or swimming – there'll be plenty of time because the summer sun doesn't set in Manitoba until well after ten at night.

These are just a sampling of the courses that beckon. Refer to the *Travel Manitoba Vacation Guide* for a list of golf courses located along lakeshores, rivers, flanked by granite cliffs or lush forests.

Manitoba fairways are flanked by the rough natural forests.



HIGHLIGHTS

classic fairways, lush natural settings, and enough courses to golf a different one every day of summer

ROUTE

TransCanada Highway,
Highway 8, TransCanada
Yellowhead Highway

TRIP LENGTH

5 to 8 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Golf Manitoba
www.golfmanitoba.mb.ca

City of Winnipeg
Golf Courses
www.winnipeg.ca/ppd/golf.stm

Eastern Tourism
Association
www.easternmanitobaturism.ca

Interlake Tourism
Association
www.interlaketourism.com

Parkland Tourism
Association
www.parklandtourism.com

Manitoba Provincial Parks
www.manitobaparks.com

Riding Mountain
National Park
www.golfclearlake.com



* Manitoba Star Attractions

FLYWAYS & BYWAYS



*manitoba's a north
american birding
hotspot*

Oak Hammock Marsh offers one of the world's finest and most varied migratory birdwatching locations.

Beneath the major Mississippi and Atlantic migratory flyways, Manitoba is home to more than 400 bird species – almost three-quarters of all of Canada's species. In southern Manitoba, during spring migration, birds are so plentiful you may see more than 100 species in a day.

The diverse mix of prairie, grasslands, marshlands, boreal forest, parkland and tundra habitats draw a diverse mix of birds from songbirds and sparrows to raptors and sub-Arctic gulls. Bring your camera and binoculars and seek out the birds that flock together in Manitoba.

City Slickers and Flickers

At Assiniboine Park and Forest* in Winnipeg, visit a multitude of migratory songbirds and waterfowl. The English Garden, a favoured feathered hangout, makes for delightful birding amid massive flowerbeds, and Cooper's hawks and screech owls nest in the Forest's woods.

Fort Whyte Centre* in south Winnipeg is famous for its spring and fall Canada geese migration. At peak migration, Fort Whyte boasts as many geese as Winnipeg boasts humans. Songbirds galore can be spotted at the Living Prairie Museum, a preserve of endangered tall-grass prairie. Check out Manitoba's natural history dioramas at The Manitoba Museum*, a Michelin Green Guide "Worth the Trip" spot and Attractions Canada award-winner.

2 Wetland Wonders

At Oak Hammock Marsh* north of Winnipeg, some 296 songbird species and dozens of waterfowl and shorebird species convene at this British Airways "World's Best Environmental Experience." More than 400,000 waterfowl gather here during migration, and the indoor interpretive centre offers natural history, enclosed observation, ongoing programs and a cafeteria.

To the west, the unique marshy terrain and sand-bar ridge of the vast Delta Marsh attracts hundreds of thousands of wetland migratory birds including great blue herons, Wilson's phalaropes, tundra swans and also songbirds on the ridge. Stopping over in Brandon, visit the Riverbank Discovery Centre* and bird-watch from the river.

3 Scenic, Secret Bird Tracks

Northwest of Winnipeg, Riding Mountain National Park* possesses a unique confluence of ecological zones: forests, lakes and wetlands, aspen parkland, and Manitoba Escarpment's shale cliffs and hardwood forests. Bird life here is equally diverse. During migration, birders can spot upwards of 100 species a day, including plenty of raptors, among them the great gray owl.

Pelicans survey their surroundings on a Manitoba lake.



The Alonsa area boasts a panoply of birder pleasures – Reykjavik's game bird reserve, the Amaranth marshland walkways, Alonsa's Portia Marsh Interpretive Area and the Bacon Ridge Birding Trail, recognized by the World Wildlife Fund as a protected and endangered space.



4 Bird Heaven

At Hecla/Grindstone Provincial Park* on southwestern Lake Winnipeg, look offshore for seabirds, onshore for boreal-based birds, and along the Grassy Narrows Marsh boardwalks and blinds for more wetland species and bald eagles.

Netley-Libau Marsh at Red River's sprawling estuary into vast Lake Winnipeg boasts a wealth of waterfowl: pied-billed grebes, American coots, diving ducks – and on solid ground, blackbirds, warblers, and water-thrushes. Northern harriers may soar overhead.

And, for birders who just can't get enough, enroute back to Winnipeg, Birds Hill Provincial Park plays summer home to more than 200 species of prairie, parkland, and boreal forest birds.

Though not included in this itinerary, many birders fly north to Churchill* on Hudson Bay for superior birding for the rare Ross's gull, Bonaparte's gull, Thayer's gull and Sabine's gull. Refer to the Tour Operator section, page 38 to 46 for a list of birding packages.

HIGHLIGHTS

wetland and boreal wilderness beauty with a bounty of sea, shore and forest birds and thousands of Canada geese

ROUTE

Highway 7, Trans-Canada Highway, Provincial Road 240, TransCanada Yellowhead Highway, Highway 10 and Highways 9 and 59

TRIP LENGTH

4 to 7 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Manitoba Naturalist Society
www.manitobanature.ca

Central Plains Tourism Association
www.echoesandlegends.com

Interlake Tourism Association
www.interlaketourism.com

Parkland Tourism Association
www.parklandtourism.com

Riding Mountain National Park
pc.gc.ca/ridingmountain

Manitoba Provincial Parks
www.manitobaparks.com



* Manitoba Star Attractions

NO FUN LIKE SNOW FUN

{ manitoba's winter
sparkles with
possibilities



Get outdoors and grab a fresh, frosty mittful of Manitoba's hottest recreation season: winter!

Manitobans know how to keep the home fires burning in winter – and we celebrate what, for many of us, is our favourite season. Besides a broad range of indoor cultural attractions that roll out in winter – such as world-class ballet and theatre – and hundreds of great restaurants, there are the February festivals – Le Festival du Voyageur in Winnipeg, Trappers' Festival in The Pas, and a whole roster of smaller winter fêtes all around the province. Hoist a hot drink and share in the camaraderie, then indulge in the pure fun of playing in all that deep, fresh snow. Snap on cross-country or downhill skis or snowshoes, hop onto a snowmobile or horse-drawn sleigh and head out to experience a frosty winter wonderland.



Cheer on the mushers!

day 1 Une Bonne Fête

Winnipeg has the largest francophone community in Western Canada, so it is no surprise that for ten days every February, Le Festival du Voyageur – Western Canada's biggest winter happening – takes Winnipeg's French Quarter of St. Boniface by storm. With French-Canadian cuisine, entertainment, concerts, fur trader's rendezvous and outdoor activities including spectacular international snow sculpture competition, we honour the voyageurs who opened up Canada's West. Take time to drop into The Manitoba Museum* to browse the history of that dramatic era, and visit The Forks National Historic Site* before you head up the TransCanada Yellowhead Highway to Riding Mountain National Park*.

2 Of Frost and Forests

Get cozy at one of the secluded winter resorts at the Park's edge, then choose from skis, snowshoes, sleighs, or horses for a winter-woody ramble. Look for moose, rabbit, elk, wolf, or deer tracks, or take an expert wildlife guide to help spot winter wildlife. Continue west to Assessippi Ski Area and Winter Park* for snow tubing or downhill skiing then soak in a hot tub at the Russell Inn and Conference Centre. Travel north through Manitoba's western boreal and pine forests to The Pas, stopping first in Duck Mountain Provincial Park for ice fishing or cross-country skiing.

3 Mush!

At the Trappers Festival in The Pas, championship dog sled races are serious business. Stay for the crowning of the King and Queen Trappers, who win their titles by excelling at tasks trappers perform to survive – everything from tea boiling to log-chopping. You may even get to take a turn on a dogsled.

Then snuggle into a seat on the VIA Rail train or catch a flight to Churchill* on Hudson Bay to gaze up at night skies filled with the flowing, mesmerizing curtains of light that are the Aurora Borealis or northern lights.



4 Firelight on the Snow

Back in the south, play at a winter resort in Gimli, Hecla/Grindstone Provincial Park* or Whiteshell Provincial Park*. Walk or ski through silent winter woods, or skim along Manitoba's network of "snowmobile highways." At Hecla, stroll the tiny Icelandic village before you soak in a hot tub or read by the fireplace. In the Whiteshell, stop by the Alfred Hole Goose Sanctuary, and in Gimli, browse through the shops, sample delectable fare at the various restaurants and see The New Iceland Heritage Museum*.

And if you still haven't had a chance to try ice fishing, before you leave Manitoba, drive up to Lockport just a half-hour north of Winnipeg, and you just might catch a walleye or goldeye or two.

HIGHLIGHTS

Le Festival du Voyageur, Trappers Festival, snowmobiling, cross-country skiing, sleigh rides, Northern Lights

ROUTE

TransCanada Yellowhead Highway, Highways 10, 5 and 83, return to Highway 10 and air or rail to Churchill. Back to Winnipeg and Highway 8

TRIP LENGTH

5 days to a week or more if you head North

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Parkland Tourism Association
www.parklandtourism.com

Riding Mountain National Park
www.pc.gc.ca/ridingmountain

Assessippi Ski Area and Winter Park
www.assessippi.com

Tourism North Manitoba
www.tourismnorthmanitoba.com

Provincial Parks
www.manitobaparks.com

Interlake Region
www.interlaketourism.com

Eastern Manitoba Tourism Association
www.easternmanitobaturism.ca



* Manitoba Star Attractions

IF ALL THE WORLD'S A SONG...



{ manitoba's chorus
offers dazzling
displays of creative
talent

Our annual Folklorama celebrates Manitoba's proud potpourri of vibrant cultures.

What do *American Woman*, *Heart of Gold*, and *My Big Fat Greek Wedding* have in common? All three came from the creative minds of a few of our celebrated Manitobans: Burton Cummings, Neil Young, and Nia Vardalos.

Winnipeg has often been called Canada's Cultural Capital. Whatever your penchant, it's here for you to embrace. Winter is high season here, and we'd love to see you at the ballet, opera, symphony, theatre or latest gallery opening.

The Play's the Thing

Whether it's Le Cercle Molière (Canada's oldest theatre company), Manitoba Theatre Centre (where Keanu Reeves played an anguished Hamlet), experimental Warehouse Theatre, or the Prairie Theatre Exchange, Winnipeg is a live theatre hotbed. Our Fringe Festival is considered Canada's most successful. The Pantages Playhouse Theatre offers an intimate setting, and Manitoba Theatre for Young People, a training ground for future thespians.

Dance the Light Fantastic

Richard Gere learned the steamy tango on location in Winnipeg, for the romantic film *Shall We Dance*. And there's plenty more dance romance here: the Rusalka Ukrainian Dancers

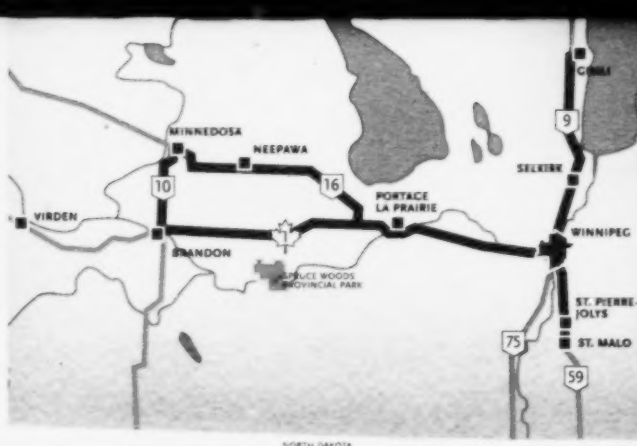
or the visual folk dance extravaganza of Folklorama's summer celebration of some fifty nations. Canada's Royal Winnipeg Ballet and Winnipeg's Contemporary Dancers tour the world, but save their freshest work for avid hometown audiences.

3 With a Song in Your Heart

If it's summer, the Lyric Theatre, Rainbow Stage*, and Shakespeare in the Ruins will be playing, as will our annual Jazz Festival. In winter, the music scene heats up with the Winnipeg Symphony Orchestra, Manitoba Chamber Orchestra, and Manitoba Opera vying for attention. Our club area in the eclectic Exchange District revs up with everything from bars with beds instead of barstools to retro piano lounges. And keep an eye out for entertainers performing at the MTS Centre, Centennial Concert Hall and other venues.

4 Author, Author!

Wordsmithing has long been an honourable trade in Manitoba. Carol Shields' Pulitzer Prize-winning contemporary work was located in Winnipeg's suburban area around Grosvenor Street. Drop by Gabrielle Roy House in St. Boniface to see where the author of *The Tin Flute* drew her inspiration. In Neepawa, northwest of Winnipeg, Margaret Laurence is remembered in the brick house museum* where she grew up as bookish Peggy Wemys. Each fall, the International Writer's Festival celebrates the works of authors from near and far.



5 Pictures Worth Thousands of Words

Winnipeg's artistic community has fostered talents like Ivan Eyre, Walter J. Phillips, Clarence Tilenius, all of whom are represented in the Pavilion Gallery at Assiniboine Park*. The nearby Leo Mol Sculpture Garden features the work of internationally renowned sculptor Leo Mol, and the downtown Winnipeg Art Gallery* houses the world's largest public collection of contemporary Inuit art.

In the Exchange District, Ace Art Inc. showcases experimental work and Platform Centre for Photographic & Digital Arts is devoted to photographic arts. Plug In Institute of Contemporary Art was Canada's first ICA, the SITE Gallery co-op features some 30 local artists, and Craftspace specialises in potters and artisans.

Outside Winnipeg, the Terry McLean Gallery in Virden houses a permanent display of this wildlife artist's work. The Galerie Rivière-aux-Rats in St-Pierre-Jolys and La Maison-Chapelle in St-Malo feature Métis, French, and aboriginal arts and crafts.

The Art Gallery of Southwestern Manitoba in Brandon offers contemporary Manitoba art and national exhibitions. Gimli is a "hotbed" of artists and artisans, and twice a year private studios and galleries throughout the Interlake open to the public during the WAVE Artists' Studio Tours.

HIGHLIGHTS

Canada's Royal Winnipeg Ballet, Manitoba Theatre Centre and Warehouse Theatre, Le Cercle Molière, Winnipeg Symphony Orchestra, Winnipeg Art Gallery

ROUTE

TransCanada Yellowhead Highway, Highways 9 and 59

TRIP LENGTH

3 to 7 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Southwest Tourism Association
www.southwestmanitoba.ca

Eastern Manitoba Tourism Association
www.easternmanitobaturism.ca

Brandon Tourism
www.brandon.tourism.com

Interlake Tourism Association
www.interlaketourism.com

Winnipeg is home to Canada's renowned Royal Winnipeg Ballet.



* Manitoba Star Attractions

SAVOUR THE PLEASURES & TREASURES



*shopping & dining
in winnipeg*

Savour the flavours of just a few of the hundreds of restaurants in our capital city.

With more than 900 restaurants to choose from, Winnipeg is renowned for its culinary variety and hospitality. And after a day of browsing the city's multitude of eclectic shopping districts, malls, and warehouse outlets, you'll need to replenish your energy. Choose from exotic ethnic flavours, comfortable old favourites like Chinese, dinner theatre entertainment, or extravagant Sunday Brunch buffets.

1 Sunday Brunch, Anyone?

A local tradition, brunch hotspots, just to name a few, include the historic Hotel Fort Garry with its always-amazing spread in an elegant setting and Churchill's in the Ramada Marlborough Hotel. At Green Gates, at the city's edge, diners can chat with the horses in the paddock after brunch. At Assiniboine Park's Tavern in the Park, small groups will enjoy the intimate sunroom restaurant.

2 Dinner Theatre, On the Water, and Help Yourself

Celebrations Dinner Theatre is the place for musical comedy, and at the Ramada Marlborough Hotel, *Murder* at the Marlborough features killingly-funny mystery dinner theatre. Dinner cruises on the Paddlewheel River Rouge showcase the city. Enjoy teppanyaki cooking with expert chefs at Ichi-ban Japanese Steakhouse. When a buffet's the way to go, Aalto's Family Dining in the

Canad Inns hotel chain offers six locations. Foody Goody Chinese Buffet offers Cantonese-style food, and the Royal Fork Buffet, a North American-style spread.

Winnipeg is also home to both locally-grown and Canadian chain restaurants, among them Branigan's, Earl's, Moxie's, Kelsey's, the Pony Corral, Salisbury House and Grapes. Two Original Pancake House locations are famous for flapjacks.

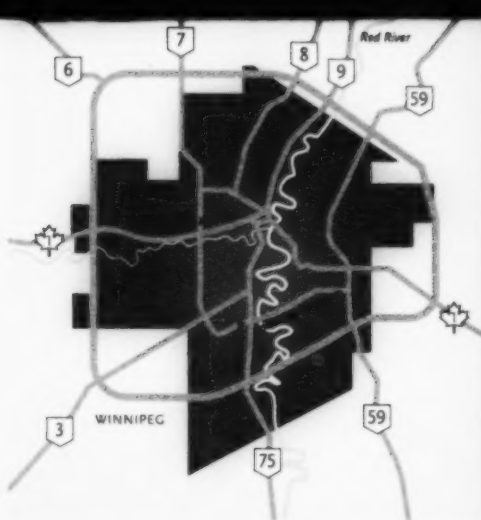
3 Unique Style

Or try the one-of-a-kind dining spots. Alycia's offers up traditional Ukrainian food. At Johnny G's, Rock 'n Roll memorabilia decorates the interior. The Conservatory Garden in Assiniboine Park* is convenient, the charming Three Sisters Teahouse in St. Boniface, and dozens of family-owned Chinese and Italian restaurants offer solid service.

4 Our Special Shopping Spots

Academy Road offers designer-original fashions, toy and gift shops, specialty grocery stores, and a chocolatier. Corydon Avenue and Lilac Avenue mix fashion and upscale gently-used boutiques with restaurants, curio, art, antique shops, and tiny jewelry stores. The Exchange District boasts antique shops, bookstores, galleries and furniture showrooms. The Forks Market houses more than 50 charming shops and dining spots. Osborne Village is crammed with funky, owner-operated restaurants and shops, and just over the bridge, the Winnipeg Art Gallery's* Gallery Shoppe houses exotic crafts and highly-portable artwork.

The bustling Forks Market, adjacent to The Forks National Historic Site.



5 Bargain-hunters' Heaven

Budget-minded souvenir-seekers can choose from almost two dozen factory outlets around town: leather goods at Canada West Boots and Danier Leather, sportswear and jeans at Gemini Fashions, I.D. Fashion, Jay Set, Le Chateau, MWG, Nygard International/Tan Jay/Bianca, Pace Setter, Roots, S&S Sportswear, Western Glove Works Ltd., Koats and More, and Tundra.

Big box factory stores are also located on Portage Avenue West, and Kenaston Avenue offering everything from designer clothing and leather goods to home furnishings.

6 The City's Big Six

Winnipeg's malls are positioned around the city, with plenty of parking and even more stores: cityplace, Winnipeg Square, and Portage Place in the heart of downtown; Polo Park in the west-central area; and suburban Garden City, Grant Park, St. Vital Centre, and Kildonan Place. All offer large department store "anchors," major boutique chains and unique one-of-a-kind shops.

7 Everything Old is New Again

Winnipeg's Exchange District, Osborne Village, and Corydon Avenue areas are hotbeds for antique and collectible shops, the best-known of them perhaps the Exchange District's The Old House Revival Company, the Antique Warehouse, and the Osborne Village's Antique & Art Auction by Dominion. Outside those areas, though, there are more treasures to be found, at the Antique Exchange, Collectibles Canada, Diggers Antiques & Collectibles, Heirloom Antiques, Winnipeg Outfitters, and Winnipeg Trading Post.

HIGHLIGHTS

Sunday brunches, savoury ethnic treats and gourmet meals to antiques, factory outlets and shopping malls

ROUTE

Throughout the city of Winnipeg

TRIP LENGTH

5 to 7 days

CONTACTS

For menus from some popular Winnipeg establishments
www.WinnipegMenu.com

Destination Winnipeg
www.destinationwinnipeg.ca

Manitoba Restaurant Association
www.dinemanitoba.com

Shopping Centres
www.shopinwinnipeg.com

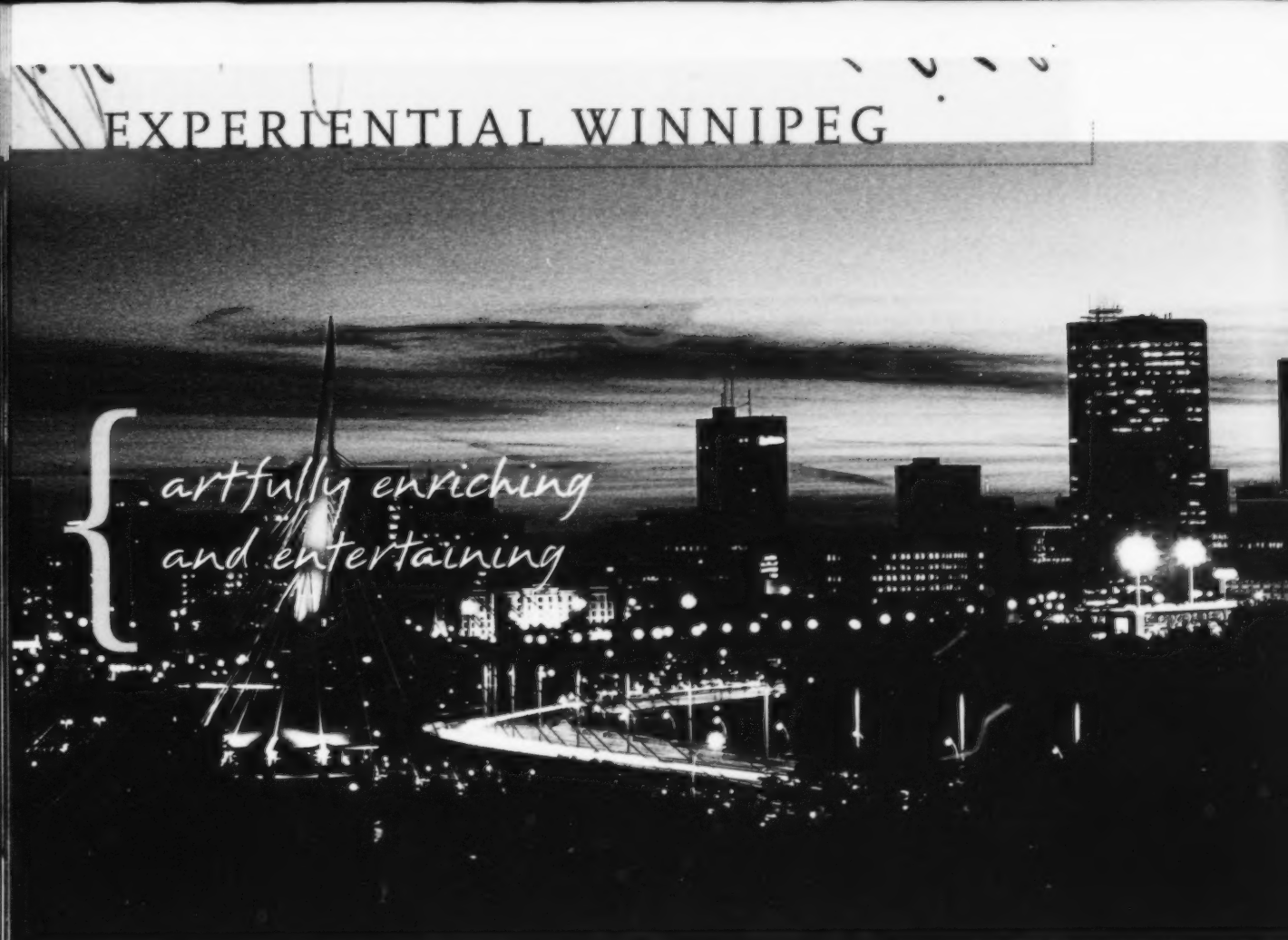
Where Magazine
www.where.ca/winnipeg

Travel Manitoba
www.travelmanitoba.com



* Manitoba Star Attractions

EXPERIENTIAL WINNIPEG



artfully enriching
and entertaining

Winnipeg comes alive at night, with cultural and clubbing choices galore.

Winnipeg offers plenty of budget-oriented attractions that appeal to the younger crowd, live up to the discerning eye of an educator, and provide miles of history and scenery combined with hearty splashes of ethnic flavour. Our cultural offerings keep student budgets and tastes in mind, and for walkers, the city is rich with itineraries that enable self-guided tours as well as guided explorations.

Day 1 Awfully Artistic

Winnipeg is a cultural hotbed, with Canada's Royal Winnipeg Ballet, Winnipeg Symphony Orchestra, Manitoba Theatre Centre, Prairie Theatre Exchange, Manitoba Opera, and Winnipeg Art Gallery to choose from for a heavy hit of high-end entertainment and art education. In a lighter vein, try the IMAX® Theatre's 5 1/2-storey screen, or, "go live" with a Rainbow Stage* musical. For more serious learning in a natural and human history vein,

try The Manitoba Museum and Planetarium*, St. Boniface Museum*, Gabrielle Roy House, Dalnavert*, ethnic churches or, north of the city, the live-character-populated fur trading fort of Lower Fort Garry National Historic Site*.

2 Ma Nature Beckons

At Assiniboine Park Zoo*, visit the second largest animal collection in Canada with three dozen endangered species on display. The park's Leo Mol Sculpture Garden offers just a dash more culture. Fort Whyte Centre*

for family adventure and recreation boasts self-guided trails, floating marsh boardwalks, and its own bison herd. And get a "bird's eye" view of a marsh at Oak Hammock Marsh Interpretive Centre* just north of the city where guided nature walks, canoe rides, van explorer tours and much more await.

3 Exciting!

Canada's finest collection of historic bush planes – tough little machines that opened up the remote North – is housed at the Western Canada Aviation Museum*, along with other historic craft. Nearby, the Air Force Heritage Park and Museum offers an outdoor display of vintage aircraft.

Tour the Legislative Building*, a fine example of neo-classical architecture. The Golden Boy stands atop the dome representing the province's resources and future. For the inside scoop on making money, the Royal Canadian Mint*, which produces all of Canada's circulating coins as well as coins for more than three dozen other countries, offers a tour.

4 Rambles Through History

Need a guide? Muddy Water Walking Tours features Winnipeg's distinctive waterways, neighbourhoods and history. Exchange District Walking Tours showcase the city's rich architectural history while Marche-Donc in Old St. Boniface features Winnipeg's French Quarter. Explore one of Winnipeg's original ethnic neighbourhoods on the Selkirk Avenue Walking Tour. And The Forks National Historic Site of Canada Tours* covers six thousand years of history through a series of light-hearted, entertaining skits. Legends and myths unfold on Heartland International's Ghost Tales Tour of Winnipeg.



5 Self-Guided Strolls

The Osborne Village Neighbourhood Walking Tour highlights almost three dozen buildings of varying architectural styles. The book *Winnipeg Walks*, outlines 33 of the city's best walks in different neighbourhoods through photographs and detailed maps. Pick one up at any city bookstore or online.

In the French Quarter of St. Boniface, follow the Gabrielle Roy itinerary from *Routes on the Red* to explore the hometown of this internationally-renowned author. Or try out a walking or cycling tour or the city's riverbank walks with *Routes on the Red's* "Winnipeg's Residential Riverbanks." Refer to Peek Behind the Scenes on page 20 for more learning experiences within a one-hour's drive of Winnipeg and to the Tour Operator section on page 38 for a list of suppliers providing packages.

HIGHLIGHTS
history, the arts and culture,
nature, or light entertainment

ROUTE
Throughout the city of
Winnipeg and Highway 9

TRIP LENGTH
3 to 5 days

CONTACTS

Travel Manitoba
www.travelmanitoba.com

Destination Winnipeg
www.destinationwinnipeg.ca

Winnipeg Walks
www.prairiepathfinders.mb.ca

Routes on the Red
www.routesonthered.com

Water taxi tours dock at The Forks National Historic Site.



*Manitoba Star Attractions

TOUR OPERATORS

	Tour Operator Winnipeg Tours Regional Tours Churchill Tours Step-on Guides Receptive Services Boat Operators Bus Operators Nature/Wildlife Trail Horse/Golf Heritage Canoe/Fish/Kayak Agricultural Winter											
ADVENTURE EDUCATION MANITOBA			•					•	•		•	
ARCTIC NATURE TOURS	•			•	•		•	•		•		•
AURORA CANADA TOURS	•			•	•			•				•
AURORA DOMES AND TAIGA TOURS	•			•				•				•
BLUE SKY EXPEDITIONS	•			•				•				•
BROKENHEAD OJIBWAY HISTORIC VILLAGE			•							•		
CAT TRAIN TOURS			•					•				•
CHURCHILL ARCTIC TRAVEL AND TOURS	•			•	•			•				•
CHURCHILL NATURE TOURS	•			•	•			•				
CHURCHILL WILD	•			•				•			•	•
CHURCHILL WILDERNESS ENCOUNTER	•			•	•			•		•		
CLEARWATER CANOE OUTFITTERS			•					•			•	
DUCK MOUNTAIN ECO TOURS			•					•	•			
EARTH RHYTHMS LEARNING ADVENTURES	•	•	•			•		•	•	•	•	•
EXPEDITORS: PLUS INC. TRAVEL MANAGEMENT SPECIALISTS		•				•					•	
FALCON BEACH RIDING STABLES			•						•		•	•
FEHR-WAY TOURS LTD.	•	•	•	•	•		•	•	•	•		•
FOLKLORAMA PLUS			•		•	•				•		
FORT GIBALTAR			•							•	•	•
FRONTIERS NORTH ADVENTURES	•	•	•	•	•			•		•		•
THE GREAT CANADIAN TRAVEL COMPANY	•	•	•	•	•			•	•	•	•	•
GREAT WHITE BEAR TOURS, INC.	•			•	•		•	•				•
GYRFALCON ARCTIC EXPEDITIONS	•			•				•				•
HARV'S AIR			•									
HEARTLAND INTERNATIONAL TRAVEL AND TOURS - DMC	•	•	•	•	•	•		•	•	•	•	•
THE HITCH'N POST			•									
HUDSON BAY ADVENTURE COMPANY				•				•		•		•
HUDSON BAY HELICOPTERS				•				•				
INDIGO DESTINATIONS			•		•	•		•	•	•	•	•
KAYAK CHURCHILL				•			•				•	
LAZY BEAR LODGE				•			•	•		•	•	•
LUXURY MOTORCOACH TRANSPORTATION							•					
MANTARIO ADVENTURES			•					•	•			
MANTARIO WILDERNESS SKILLS			•					•			•	
MORDEN TOURS			•		•					•		•

	Tour Operator	Winnipeg Tours	Regional Tours	Churchill Tours	Step-on Guides	Receptive Services	Boat Operators	Bus Operators	Nature/Wildlife	Trail Horse/Colf	Heritage	Canoe/Fish/Kayak	Agricultural	Winter
NATURE 1ST TOURS (ADVENTURE WALKING TOURS)	*		*	*		*	*	*	*			*		
NORTH STAR TOURS	*		*	*		*	*		*			*		
NORTHERN SOUL WILDERNESS ADVENTURES		*					*		*	*				
NORWAY HOUSE RIVERSIDE OUTDOOR ADVENTURES		*					*		*	*		*		
OPASQUIA TOURS		*		*	*		*	*	*			*		
Ô TOURS INC. RECEPTIVE SERVICES		*	*	*	*		*		*	*	*	*	*	*
PADDLEWHEEL-RIVER ROUGE TOURS		*		*	*									
PIONEER QUEST CABIN TOURS LTD.		*					*	*	*					
POLAR TRAILS INC.	*	*	*				*	*	*	*		*		
PRAIRIE PATHFINDERS INC.	*	*	*						*					
PRIMED PADDLES		*					*			*				
RAIL TRAVEL TOURS	*	*	*	*	*		*		*			*		
RANDONNEE TOURS LTD.	*		*				*	*	*	*		*		
RED RIVER OUTFITTERS		*	*				*		*	*				
RIDE ON MANITOBA		*					*	*				*		
RIDING MOUNTAIN GUEST RANCH				*			*	*		*	*	*	*	*
RIDING MOUNTAIN NATURE TOURS	*	*	*	*			*	*	*			*		
RIVERS RUN WILD		*					*			*				
SEA NORTH TOURS LTD.			*		*		*			*				
SPENCE'S MANTARIO OUTFITTERS		*					*			*				
SPIRIT SANDS COVERED WAGON		*						*						
TOBAN EXPERIENCES		*					*	*	*	*				
TUNDRA BUGGY* ADVENTURE	*		*			*	*							
UP THE CREEK		*					*			*				
WALK IN THE WILD		*					*	*		*		*		*
WAPAMEK TOURS			*				*			*				
WAPUSK ADVENTURES			*				*					*		*
WATCHEE LODGE		*					*					*		*
WAWATAWIN TOURS		*					*					*		*
WAYNE'S TOURS		*	*	*			*		*					
WHITE PELICAN KAYAK TOURS		*			*		*			*				
WHITESHELL OUTFITTERS		*					*	*		*		*		*
WILDERNESS NOW OFFROAD TOURS	*	*					*							
WILDERNESS ODYSSEYS		*					*			*				
WILDERNESS SPIRIT ADVENTURES		*					*			*				

RECEPTIVE SERVICES AND STEP-ON GUIDES

The following is a list of companies that provide step-on guides and receptive service for custom-designed individual and group tour-packages of Manitoba

EXPEDITORS PLUS INC. TRAVEL MANAGEMENT SPECIALISTS

Full-service logistic and expediting company, serving the Manitoba resort industry. We provide superior quality service to group and corporate travelers arriving in Winnipeg. Our travel management specialists can provide a range of services including air/ground transportation, freight forwarding, entertainment packages, shopping, restaurant reservations, or special requests if required.

Nicole Rebeck
1 Allen Dyne Road
Winnipeg, MB R3H 0Z9
Phone: (204) 488-4038
Toll-free: 1-866-488-4038
Fax: (204) 489-4532
Web site: www.expeditorsplus.com
E-mail: info@expeditorsplus.com

HEARTLAND INTERNATIONAL TRAVEL & TOURS - D.M.C.

We operate our own unique tours: polar bear viewing - four days to remote Nanuk Lodge or one day to Churchill, an exclusive Manitoba Historical Fur Trade Tour to Norway House, Churchill and York Factory plus Manitoba Golf Trails tours. Also as a Destination Management Company, we provide incoming/receptive tour services in Winnipeg and throughout Manitoba. Includes arranging accommodation, transportation, sporting and recreational activities, special events, theme evenings with entertainment, guided sightseeing tours and foreign language speaking guides.

Don Finkbeiner or Heather Pedreira
202-3111 Portage Avenue
Winnipeg, MB R3K 0W4
Phone: (204) 989-9630
Toll-free: 1-866-890-3377
Fax: (204) 989-9636
Web site: www.heartlandtravel.ca
E-mail: info@heartlandtravel.ca

INDIGO DESTINATIONS

Customized tour packages, self-driving tours, and on-site interpretive programs. Specializing in natural and cultural features of the Lake Winnipeg Interlake region, provincial parks, wildlife viewing, Narcisse snake dens and Icelandic history. Step-on guide service. Guided tours to special events arranged.

Lynn Nolden
Box 240, Clandeboye, MB R0C 0P0
Toll-free: 1-866-818-9989
Phone: (204) 738-2342
Fax: (204) 738-2342
Web site: www.indigodestinations.com
E-mail: ottercrk@mts.net

MORDEN TOURS

Free step-on guides and receptive services offering customized tour packages of Morden and the surrounding area. Visit unique fieldstone heritage homes, Canadian Fossil Discovery Centre, Manitoba Baseball Hall of Fame, Agricultural Research Station, Pembina Hills Art Gallery and more. Local restaurants feature ethnic and Canadian dishes to suit all tastes. Available year-round.

Cheryl Link
311 North Railway Street
Morden, MB R6M 1S9
Phone: (204) 822-5630
Fax: (204) 822-2041
Web site: www.mordenmb.com
E-mail: chamber@mordenmb.com

OTOURS INC. RECEPTIVE SERVICES

A fully bilingual company offering a complete range of receptive tour services for Winnipeg and Manitoba. Step-on guide service, customized itineraries, city tours (for small and large groups), farm visits, special events, airport transfers and ground transportation. Specialized in Manitoba's rich French heritage and culture as well as Manitoba's history.

Michelle Gervais
432 Speers Rd.
Winnipeg, MB R2J 1N2
Phone: (204) 254-3170
Toll-free: 1-877-254-3170
Fax: (204) 253-6664
Web site: www.otours.net
E-mail: otours@shaw.ca

WAYNE'S TOURS

Create your own sight-seeing tour of historical sites in Winnipeg and Manitoba. Visit Lower Fort Garry National Historic Site, Oak Hammock Marsh, Gimli, Steinbach, The Forks, Assiniboine Park, St. Boniface Cathedral and some of the finest homes along Wellington Crescent. Special seniors' rates.

Wayne Bell
101-295 Midwinter Avenue
Winnipeg, MB R2L 0V1
Phone: (204) 661-8875 or 667-0746
Fax: (204) 663-4528
E-mail: webell@mts.net

LEARNING ADVENTURES AND EXPERIENCES

The following is a list of tour operators and suppliers providing interactive and experiential learning experiences ranging from birding and general sight-seeing to heritage and recreational activities.

AURORA CANADA TOURS LTD.

Specializing in birding, beluga whale and wildflowers one-day to two-week tours, customized general nature tours and northern lights tours during February and March.

David R.M. Hatch
Box 355, RPO South St. Vital
Winnipeg, MB R2N 3X9
Phone: (204) 942-6617
Fax: (204) 943-1971

BROKENHEAD OJIBWAY NATION HISTORIC VILLAGE

Experience traditional Aboriginal teachings and culture in historic village along the Brokenhead River. Overnight in teepees, enjoy traditional Ojibway food, nature walks and guided bison tours.

Carl Smith
General Delivery
Scanterbury, MB RoE 1Wo
Phone: (204) 766-2494
Fax: (204) 766-2306

CAT TRAIN TOURS

Travel into the past on an incredible winter adventure demonstrating a mode of transportation that is now obsolete. In northern Manitoba from the 1920s to 1970s, freight on sleds was hauled by crawler track machines (Linn/Caterpillar or International tractors) over lakes during winter months. Enjoy aurora borealis, Bombardier rides, snowshoeing, cross-country skiing and wildlife viewing aboard a cat train. Five-day packages include home-cooked meals and overnight accommodations aboard the cat train. Individuals can also experience a working trip on a commissioned cat train delivery.

Joey Barnes and Corrine Hillyer
Box 22, Lynn Lake RoB oWo
Phone: (204) 356-8845
Fax: (204) 356-8845
Web site: www.cattraintours.ca
E-mail: info@cattraintours.ca

DUCK MOUNTAIN ECO TOURS

Specializing in bird watching, wildlife viewing (moose, bear, deer, elk, etc.), rare plants and flowers. Photography and wilderness camping packages feature the flora and fauna of boreal forests of western Manitoba, a unique parkland area with crystal clear lakes and rivers. In winter, trapline tours by snowmobiles and ATVs. Accommodations at tent camps and a wilderness cabin.

Virginia Bullock
Box 1384, Swan River, RoL 1Zo
Phone: (204) 734-2629
Email: vbullock@svcn.mb.ca

EARTH RHYTHMS LEARNING ADVENTURES

Year-round learning adventures and nature-based experiences for independent travelers (FIT), small groups, ESL and international students, tour wholesalers and corporate event planners. Specializing in customized programs and itineraries that combine Manitoba nature, culture, history, cuisine, music and the arts. Guided nature tours, learning adventures, customized GPS adventure quests, agri-tourism experiences, Canadian Research Adventures®, walking adventures, chauffeured trips, corporate retreats and incentives. Locations in Riding Mountain National Park, Riding Mountain Biosphere Reserve, Whiteshell Provincial Park, Winnipeg, southwestern Manitoba and Lake Winnipeg.

Celes Davar
Box 243, Onanole, MB RoJ 1No
Phone: (204) 848-4680
Toll-free: 1-888-301-0030 (North America)
Fax: (204) 848-7483
Web site: www.earthrhythms.ca
E-mail: celes@earthrhythms.ca

FALCON BEACH RANCH

Year-round guest ranch, guided horseback riding, wagon/sleigh rides, mountain biking, canoeing, hiking, snowboarding, skiing.

M. Imrie
Box 179, Falcon Lake, MB RoE oNo
Phone: (204) 349-2410
Toll-free: 1-877-949-2410
Fax: (204) 349-3345
Web site: www.falconbeachranch.com
E-mail: vacation@falconbeachranch.com

FEHR-WAY TOURS LTD.

Escorted motorcoach tours, land-air tour packages, specializing in senior and student tours. Customized or pre-packaged tours of Manitoba, highlighting over 36 destinations. Four-day excursions to see the beluga whales and polar bears in Churchill. Affiliated with Beaver Bus Lines, operating a fleet of luxury motorcoaches for charter. Guide service available in French, English, German and Dutch.

Dale Janzen
6-1050 Henderson Hwy.
Winnipeg, MB R2K 2M5
Phone: (204) 989-7011
Toll-free: 1-800-263-3691 (in Canada)
Fax: (204) 334-2070
Web site: www.fehrwaytours.com
E-mail: info@fehrwaytours.com

FOLKLORAMA PLUS

Experience cultures of the world without leaving Winnipeg! Folklorama invites you to experience 44 pavilions with dynamic performances, traditional home-cooked meals and vibrant ethnic displays. As the largest multicultural festival of its kind in the world – you won't want to miss it. Enjoy professional full itinerary planning services from tourism leader Folklorama Plus. We'll take care of transportation, accommodations and tour stops including a variety of top attractions in Winnipeg and Manitoba. Create an adventure that's right for you; choose from shopping, theatres, museums, living history tours, outdoor adventures, cultural hands-on workshops and so much more.

Murray Greenfield
2nd floor – 183 Kennedy St.
Winnipeg, MB R3C 1S6
Phone: (204) 982-6215
Toll-free: 1-800-665-0234
Fax: (204) 943-1956
Web site: www.folklorama.ca
E-mail: greenfieldm@folklorama.ca

FORT GIBRALTAR

Customized and packaged banquets for up to 2000 persons outdoors and 120 persons in the Maison de Bourgeois. Voyageur and French-Canadian themed events takes you back 200 years to the period of the fur trade era. Packages include historical interpretation and pavilion rentals, strolling fiddlers, hatchet throwing, excursions in northern canoes, costume rentals and more. Situated on the banks of the Red River in St. Boniface, a five-minute drive from downtown Winnipeg.

Festival du Voyageur, Inc.
768 Taché Avenue (mailing)
Winnipeg, MB R2H 2C4
Phone: (204) 237-7692
Fax: (204) 233-7576
Web site:
www.festivalvoyageur.mb.ca
E-mail: fortgibraltar@festivalvoyageur.mb.ca

FRONTIERS NORTH ADVENTURES

See page 43

HARV'S AIR

Take the flight of a lifetime in an aerobatic demonstration flight in a Pitts S2B with a highly trained instructor for 20 to 25 minutes. Operates from March to November. Can customize a series of flights.

Harv Penner
Box 1056
Steinbach, MB RoA 2A0
Phone: (204) 326-2434
Fax: (204) 326-4182
Web site: www.harvsair.com
E-mail: adam@harvsair.com

THE HITCH 'N POST

Customized and packaged barbecue feasts at a Western Canadian ranch, featuring open spit barbecues, barn dances, entertainment and theme parties, for groups of 75 or more. Specializing in bus tour groups of 40 or more for lunches.

Kyle Anderson
Box 8, Grosse Isle, MB RoC 1G0
Phone: (204) 467-2544
Fax: (204) 467-7237
Web site: www.thehitchnpost.com
E-mail: kanders@mts.net

LUXURY MOTOR COACH TRANSPORTATION

Luxury motorcoach with sofa seating, dinette, entertainment system and VCR for executive conferencing, recreational entertaining, special event and charter group transportation for up to 18 persons.

Sharon James
1765 Portage Avenue
Winnipeg, MB R3J 0E7
Phone: (204) 885-6427
Toll-free: 1-800-665-3335
Fax: (204) 832-7641
Web site: www.myluxurymotorcoach.com
E-mail: sharon@internationalskigolf.com

NORWAY HOUSE RIVERSIDE OUTDOOR ADVENTURES

Provides escorted and customized packages specializing in canoe trips, Aboriginal, historical, eco-tourism tours, snowmobile and winter lifestyle packages.

Gertrude Meikle
Box 156, Norway House, MB RoB 1B0
Phone: (204) 359-4444
Toll-free: 1-877-778-4447 (U.S. only)
Fax: (204) 359-6690

OPASQUIA TOURS

Guided nature and heritage tours with a certified heritage interpreter in northern Manitoba. Specializes in the fur trade experience. Tours on the Saskatchewan River also available.

Clem Jones
Box 3327, The Pas, MB R9A 1R9
Phone: (204) 623-6513
Toll-free: (204) 933-2448 - pager

PADDLEWHEEL RIVER ROUGE TOURS

Offers a variety of sightseeing river cruises on M.S. Paddlewheel Queen and River Rouge. Step-on guide service.

Captain Steve Hawchuk
Box 3930, Postal Station B
Winnipeg, MB R2W 5H9
Phone: (204) 942-4500,
944-8000 (information line)
Fax: (204) 942-8971
Web site: www.paddlewheelcruises.com
E-mail: paddlewh@mts.net

PIONEER QUEST CABIN TOURS LTD.

Home of Pioneer Quest documentary. Relive the past today on a guided walking tour of the circa 1875 re-created pioneer homestead. Enjoy outdoor campfire lunch, horse-drawn wagon rides (minimal charge) by advance booking only. Walk, bike or horseback on the Prime Meridian Trail. Remember, there are no electricity, running water or telephones. Tours by appointment only.

Box 103, Argyle, MB RoC 0B0
Phone: (204) 467-2637
Fax: (204) 467-2512
Web site: www.pioneerquestcabintours.com
E-mail: pioneertoursargyle@hotmail.com

POLAR TRAILS INC.

Specialists in ESL programs offering sightseeing, camping, mountain biking, kayaking, hiking, northern lights (aurora borealis), polar bear and cultural adventures including Canadian Homestay and Aboriginal First Nations experiences.

Ken Coffin
148 Bartlet Avenue
Winnipeg, MB R3L 0Z1
Phone: (204) 479-9946
Fax: (204) 284-4174
Web site: www.polartrails.com
E-mail: polartrails@canada.com

PRAIRIE PATHFINDERS INC.

Guided walking tours in Winnipeg and Manitoba. Tours designed for moderately fit mature adults. Day trips can include a visit to cultural/historic sites and meals with some local flavour. Group organizes two to four-day walking festivals in Manitoba spring and fall. The self-guided walking books are available at most bookstores.

Box 68052, RPO Osborne Village
Winnipeg, MB R3L 2V9
Phone: (204) 774-0190
Fax: (204) 772-9044
Web site: www.prairiepathfinders.mb.ca
E-mail: prairiepathfinders@shaw.ca

RAIL TRAVEL TOURS

Experience Manitoba and Canada by rail on customized and packaged tours from Toronto to Vancouver with an extended visit to Winnipeg and the region. The landscape changes from southern prairies to northern boreal forest and tundra on the train ride to The Pas, Thompson, Gillam and Churchill. And in February, enjoy the warm hospitality of Northern Manitoba Trappers Festival, Manitoba's oldest winter festival.

Daryl Adair
123 Main Street, Box 44
Winnipeg, MB R3C 1A3
Phone: (204) 897-9551
Toll-free: 1-866-704-3528
Fax: (204) 897-9572
Web site: www.railtraveltours.com
E-mail: railtraveltours@mts.net

RANDONNÉE TOURS LTD.

Self-guided summer adventures in southern Manitoba. Canoe, hike and cycle your way along historic Winnipeg River on our inn-to-inn Multi-Sport Tour. Explore the natural and cultural diversity of Manitoba's Parklands and Pembina Valley on one of our Walking Discovery Tours. Unique and personalized heritage excursions are also included. Tours range from weekend to week-long packages.

100-62 Albert Street
Winnipeg, MB R3B 1E9
Phone: (204) 475-6939
Toll-free: 1-800-465-6488
Fax: (204) 474-1888
Web site: www.randonneetours.com
E-mail: info@randonneetours.com

RED RIVER OUTFITTERS

See page 45

RIDE ON MAN

Offers ATV and snowmobile tours for the novice and experienced rider in eastern Manitoba. Operational instruction, helmets and clothing included. As a mobile service provider, we bring our equipment to your door and arrange accommodations at one of Manitoba's resorts. Experienced and friendly guides provide the ultimate outdoor adventure.

Robert Pankratz
Box 316, Whitemouth, MB RoE 2G0
Phone: (204) 348-7529
Toll-free: 1-877-348-7529
Fax: (204) 348-2193
Web site: www.rideonman.ca
E-mail: info@rideonman.com

RIDING MOUNTAIN GUEST RANCH

Scenic ranch/nature preserve near Riding Mountain National Park specializing in personalized, wildlife viewing/photography packages for individuals and small groups. Packages include sessions in a special Black Bear-viewing blind, wildlife safaris, guided nature walks, wildlife ecology commentary, accommodation in a secluded, lakeside eco-lodge, scrumptious home-cooked meals and use of wildlife viewing blinds, private lake, canoes, kayaks, snowshoes, toboggan hill, hiking and cross-country ski trails. Pickup and drop-off services are available from Winnipeg. Also offer custom tours and private retreats for small groups.

Dr. Jim and Candy Irwin
Box 11, Audy Lake, MB RoJ 0Z0
Phone: (204) 848-2265
Toll-free: 1-866-517-9501
Fax: (204) 848-4658
Web site: www.ridingmountain.ca
E-mail: jimirwin@mts.net

RIDING MOUNTAIN NATURE TOURS

Wilderness and wildlife adventures in Riding Mountain National Park and throughout Manitoba. All tours are guided by professional naturalists. Bird-watching and wildlife safaris are our specialty. Step-on guide services and private tours available to serve all ages and interests. Top quality nature tours to Churchill since 1985.

Thuraya Weedon
Box 429, Erickson, MB RoJ 0P0
Phone: (204) 636-2968
Fax: (204) 636-2557
Web site: www.churchillnaturetours.com
E-mail: mail@churchillnaturetours.com

SPIRIT SANDS COVERED WAGON

Horse-drawn covered wagon rides in Spruce Woods Provincial Park and overnight covered wagon trips. Sleigh rides also available in winter.

Box 357
Holland, MB RoG 0X0
Phone: (204) 827-2800 summer
Phone: (204) 526-2764 winter

THE GREAT CANADIAN TRAVEL CO.

See page 43

TOBAN EXPERIENCES

Hop-on, hop-off tours of southeastern Manitoba and northwestern Ontario for backpackers and independent travelers. Get off-the-beaten path and hike, canoe, golf, swim, rock climb, wakeboard, fish and more. Explore the rocky rugged wilderness of the Canadian Shield, play your way through Whiteshell Provincial Park and Grand Beach on Manitoba's inland sea of Lake Winnipeg. Enjoy a fun atmosphere and adventure with like-minded travelers. Discounted accommodation rates for guests. Daily service to all destinations means that you can stay as long as you like in each place. You set the pace and we get you there.

Jason Abbott and Daniel Maksymchak
329 Rupertsland Avenue
Winnipeg, MB R2V 0G7
Phone: (204) 290-8118
Toll-free: 1-888-35-TOBAN
Web site: www.tobanexperience.com
E-mail: dan@tobanexperience.com

WALK IN THE WILD

Wildlife photography tours and trapline tours by snowmobile in the Porcupine Provincial Forest in western Manitoba. Canoeing and hiking trips also available through the picturesque parkland.

Gilbert Collinson

Box 554, Minitonas, MB RoL 1Go

Phone: (204) 525-4505 or 734-0209

Fax: (204) 525-4532

Web site: www.walkinthewild.mb.ca

E-mail: trapper5@mts.net

WHITESHELL OUTFITTERS

Travel learning and entertaining packages for snowmobiling and ice fishing including beginners and expert levels for individuals, families and small groups on half-day and day tours through the Canadian shield of the Whiteshell Provincial Park in eastern Manitoba. Accommodations, transportation from Winnipeg, winter clothing, guides and various picnic/meal options from which to choose. Summer day-trip boating excursions through Caddy Lake tunnels and West Hawk Lakes.

General Delivery, Rennie, MB RoE 1Ro

Phone: (204) 369-5354

Fax: (204) 369-5354

E-mail: dmadey@mts.net

WILDERNESS NOW OFFROAD TOURS

Drive one of our offroad vehicles off the beaten path over challenging and scenic terrain, or just come along for the ride. Guided tours provide opportunity to experience diverse landscape and wildlife.

Shawn and Shauna Klekta

Box 1302, Swan River, MB RoL 1Zo

Phone: (204) 539-2592

Web site: www.wildernessnow.com

E-mail: tours@wildernessnow.com

LEARNING ADVENTURES AND EXPERIENCES - CHURCHILL

The following is a list of tour operators and suppliers providing interactive and experiential learning experiences featuring the birds, beluga whales, polar bears, aurora and general sight-seeing of Churchill for individuals and groups.

ARCTIC NATURE TOURS

Specializes in interpretive nature tours across the Churchill River to historic and archaeological sites along the Precambrian shield. Winter programs for northern lights viewing and igloo building. Flora and fauna photography year-round, whales, polar bears, seals and foxes. Service en français. Certified tour guide. Also production company with stock footage in Betacam, DV, HI-8, 7,000 minutes of arctic wildlife subjects.

Dwight Allen

Box 1031, Churchill, MB RoB oEo

Phone: (204) 675-8878

Toll-free: 1-877-765-2733

Fax: (204) 675-2647

Web site: www.polarinn.com

E-mail: polarinn@mts.net

AURORA CANADA TOURS LTD.

See page 39

AURORA DOMES & TAIGA TOURS

Enjoy aurora borealis/northern lights viewing from the warmth of the Aurora Domes or the Photographer's Delight, a heated trapper's tent in the tree area behind the domes. Seven to 16-passenger track vehicle for private wildlife photography tours available.

Bob Penwarden

Box 999, Churchill, MB RoB oEo

Phone: (204) 675-8831

Toll-free: 1-800-265-8563

Fax: (204) 675-2764

Web site: www.tundrainn.com

E-mail: info@tundrainn.com

BLUE SKY EXPEDITIONS

Authentic dog sledding wilderness adventures. Half, full day or overnight excursions offered. Learn about the sleds and how the mushers work the teams.

Gerald Azure

Box 845, Churchill, MB RoB oEo

Phone: (204) 675-2001 or 675-2887

Fax: (204) 675-8042

E-mail: cgaazure@mts.net

CHURCHILL ARCTIC TRAVEL AND TOURS

Individual and group custom-designed as well as guided tour packages of Churchill featuring polar bears, beluga whales, aurora borealis and birds. Step-on guides and receptive services also available for pre-formed groups including meet and greet at airport or train station and group escort while in Churchill.

Tammy Joyce

140 Kelsey Blvd., Box 848

Churchill, MB RoB oEo

Phone: (204) 675-2811

Toll-free: 1-800-267-5128

Fax: (204) 675-2258

Web site: www.churchilltours.ca

E-mail: yyqtlv@mts.net

CHURCHILL NATURE TOURS

Specialist in nature study tours in the Churchill region since 1985. Top quality and expert leadership provides the maximum experience of this unique landscape and its resources. Adventures for expert or novice naturalists. Bird watching tours in June; beluga whales and wildflowers in July and August; polar bear safaris in October and November. All-inclusive packages from Winnipeg.

Thuraya Weedon

Box 429, Erickson, MB RoJ oPo

Phone: (204) 636-2968

Fax: (204) 636-2557

Web site: www.churchillnaturetours.com

E-mail: mail@churchillnaturetours.com

CHURCHILL WILD

A unique combination of northern wildlife viewing and cultural heritage adventures from remote wilderness lodges. Guests can see polar bears, beluga whales, seals, Arctic fox, caribou, wolves and hundreds of species of birds in their natural habitat. With the Arctic sun overhead by day, guests can experience whale swim adventures, dog sledding, aerial and boat tours, canoe/kayaking, nature hikes, teepee and igloo building, as well as fishing. Packages include meals, accommodations, professional guides and flights to and from the lodges from Churchill.

Box 425, Thompson, MB R8N 1N2
Phone: (204) 778-3700
Toll-free: 1-866-UGO-WILD (846-9453)
Fax: (204) 778-3730
Web site: www.churchillwild.com
E-mail: info@churchillwild.com

CHURCHILL WILDERNESS ENCOUNTER

Birding, history and natural history tours. Individual package and group tours are offered from June until November. Charter bus and step-on guide.

Bonnie Chartier
Box 1356, Gimli, MB R0C 1B0
Phone: (204) 675-2248 (S)
or 642-9777 (W)
Fax: (204) 642-8148 (W)
E-mail: cwe@mts.net

FRONTIERS NORTH ADVENTURES

Proud recipients of the 2004 Travel Manitoba Ecotourism Award. We offer exciting and educational polar bear, beluga whales and northern lights programs for individuals and groups. Photography workshops and accredited naturalist-lead tours feature the wildlife and unique landscape of Churchill. All-inclusive packages include transportation from Winnipeg, hotel, meals, etc. Photographers, naturalists and wildlife enthusiasts may also choose nature packages that feature Nunavut and Riding Mountain National Park. We welcome agency enquiries.

P.O. Box 40063 RPO Nairn
Winnipeg, MB R2L 2G2
Phone: (204) 949-2050
Toll-free: 1-800-663-9832
Fax: (204) 667-1051
Web site: www.frontiersnorth.com
E-mail: info@frontiersnorth.com

FEHR-WAY TOURS

See page 39

THE GREAT CANADIAN TRAVEL COMPANY

Weekend to two-week packaged excursion tours by air, train, motorcoach and boat to northern Manitoba. Specialists in beluga whale watching and polar bear tours to Churchill. Dog sledding, horseback riding, wildlife viewing programs are offered. Customized packages for groups and individuals.

158 Fort Street
Winnipeg, MB R3C 1C9
Phone: (204) 949-0199
Toll-free: 1-800-661-3830
Fax: (204) 949-0188
Web site: www.greatcanadiantravel.com
E-mail: sales@gctc-mst.com

GREAT WHITE BEAR TOURS INC.

Four-hour treks in summer to view tundra and boreal regions along the Hudson Bay. In fall, full day tours to see polar bears, arctic fox, ptarmigan, gyrfalcon, snowy owl, caribou. Sleep with the polar bears near the shore of the Hudson Bay or watch the aurora borealis on our polar rovers.

Don Walkoski
Box 91, Churchill, MB R0B 0E0
Phone: (204) 675-2781/489-3241
Toll-free: 1-866-765-8344
Fax: (204) 675-2930
Web site: www.greatwhitebearstours.com
E-mail: info@greatwhitebearstours.com

GYRFALCON ARCTIC EXPEDITIONS CO. INC.

Snowmobile tours of Churchill including Fort Prince of Wales, North Knife River delta, Churchill River and Deer River areas. Tours vary from three hours, half-day to full-day tours. Customized tours for photographers and film crews. One-hour snowmobile tours during polar bear season on frozen ocean or pack ice and grey or white sea cliffs. Maps and GPS service available as well as a snowmobile tour to Arviat, Nunavut.

Claude Daudet
Box 568, Churchill, MB R0B 0E0
Phone: (204) 675-2999
Toll-free: 1-888 497-2004
Fax: (204) 675-8461
Web site: www.gyrfalconexpeditions.com
E-mail: gyrfalcn@mts.net

HEARTLAND INTERNATIONAL TRAVEL & TOURS - DMC

See page 38

HUDSON BAY ADVENTURE COMPANY

Multi-day sled dog adventures traveling through the Dene, Cree and Inuit homelands of the Hudson Bay area. Overnight in tents or wilderness lodges. Complete packages available for individuals or groups of up to 10 persons. Rides and demonstrations available in October and November. Complete instruction in dog driving and arctic skills given by professional guides. Trips depart from Churchill from March through May.

John and Michele Stetson
6009 Eagle Lake Road
Duluth, MN U.S.A. 55803
Phone: (218) 721-3692
Fax: (218) 721-5064
E-mail: epicsleddog@aol.com

HUDSON BAY HELICOPTERS

Helicopter sightseeing tours of Churchill area and Wapusk National Park.

Box 337, Churchill, MB R0B 0E0
Phone: (204) 675-2576 or (867) 873-5146
Fax: (204) 675-2331
Web site: www.hudsonbayheli.com
E-mail: info@hudsonbayheli.com

KAYAK CHURCHILL

Half-day guided tours of the Churchill River by kayak for beluga whale-watching and viewing of the wildlife, flora and fauna. Tours for groups of up to four from June to August.

Kristin Westdal

Box 161 Churchill, MB RoB oEo
Winter: 7 Dunkirk Place,
Winnipeg, MB R2M oV2
Phone: (204) 675-2638 (summer)
Web site: www.kayakchurchill.com
E-mail: info@kayakchurchill.com

LAZY BEAR LODGE

Whale boat tours on a 5-person or 14-person Transport Canada certified boat, or for an unbeatable experience, swim with beluga packages complete with snorkeling gear. Summer birding and ice floe tours as well as cultural and heritage town tours for individuals and groups. Scheduled Churchill bus tours for individuals on train arrival days. Fall polar bear and winter aurora packages include bus tour, tundra tour, lodging, meals and dog sledding for individuals and groups. Three buses also available for charter.

Walter and Dawn Daudrich

Box 931, Churchill, MB RoB oEo
Phone: (204) 675-2969
Fax: (204) 675-2408
Web site: www.lazybearlodge.com
E-mail: lazy@mts.net

NATURE 1st TOURS/ ADVENTURE WALKING TOURS

Explore the diverse and distinct ecosystems (tundra, taiga, boreal forest and marine) of the Churchill area. Full and half-day tours led by local professional naturalists featuring wildlife, wild flowers, birds, fossils, Hudson Bay coast, ancient boreal forest, natural and human history. Tours are a combination of drive and walk and custom-designed to suit your interest. Spring birding packages, winter tours, bus transportation and polar bear security are available.

Paul Ratson

Box 1136, Churchill, MB RoB oEo
Phone: (204) 675-2147
Fax: (204) 675-2103
Web site: www.nature1sttours.ca
E-mail: nature1st@mts.net

NORTH STAR TOURS

Third generation family serving adventure travelers since the 1930s. Natural history, historical, wildlife and select aboriginal cultures and heritage custom-packaged tours on the shores of Hudson Bay and Manitoba. Groups and individuals welcome.

Mark Ingebrigtsen

Box 520, Churchill, MB RoB oEo
Phone: (204) 675-2356
Toll-free: 1-800-665-0690
Fax: (204) 675-2852
E-mail: nortours@mts.net

RAIL TRAVEL TOURS

See page 41

SEA NORTH TOURS LTD.

A small, family-owned company specializing in marine tours since 1977. Transport Canada-certified tour boat. Daily tours for beluga whales, Prince of Wales Fort, birds, polar bears, seals and floe ice tours. Hydrophone-equipped to listen in on the most vocal whales in the world. Various sizes of charter boats available, kayak tours, snorkeling.

Mike & Doreen Macri

Box 222, Churchill, MB RoB oEo
Phone: (204) 675-2195
Toll free: 1-888-348-7591
Fax: (204) 675-2198
Web site: www.seanorthtours.com
E-mail: seanorth@mts.net

THE TUNDRA BUGGY® ADVENTURE

(A division of Frontiers North Adventures)

Proud recipients of the 2004 Travel Manitoba Ecotourism Award. Board an original Tundra Buggy® for an unparalleled polar bear viewing experience or sleep among the bears at our Tundra Buggy Lodge. Full-day polar bear tours during October and November. Summer half-day tours to experience local birds, flowers and wildlife.

P.O. Box 40063 RPO Nairn

Winnipeg, MB R2L 2G2
Phone: (204) 675-2121
Toll-free: 1-800-663-9832
Fax: (204) 667-1051
Web site: www.tundrabuggy.com
E-mail: info@frontiersnorth.com

WAPAMEK TOURS

Guided whale watching boat tours on the Churchill River. Tours to Fort Prince of Wales and Sloop Cove National Historic sites. Transport Canada certified hydrophone equipped boat.

Jackie Schollie

Box 244, Churchill, MB RoB oEo
Phone: (204) 675-2125
Fax: (204) 675-2125

WAPUSK ADVENTURES

Dog sled rides and adventures at replica trappers camp. Northern lights, bird and seal boat tours on Churchill River.

David & Valerie Daley

Box 728, Churchill, MB RoB oEo
Phone: (204) 675-2887
Fax: (204) 675-8042
E-mail: dpdaley@mts.net

WATCHEE LODGE

Snowshoeing boreal region, wildlife viewing for arctic foxes, caribou, ptarmigan and polar bears in closed heated snowmobiles. Experience the Aboriginal culture, trapline, dog team rides and snowhouse building and view the aurora borealis.

Michael and Morris Spence

Box 187, Churchill, MB RoB oEo
Phone: (204) 675-2114
Fax: (204) 675-2185
Web site: www.watcheelodge.mb.ca

WAWATAWIN TOURS

Mid-November to mid-May sled dog tour packages for individuals and groups to a maximum of 20 persons. Half-day, one-day, northern lights, winter camping, igloo-building, trapline and arctic wildlife viewing by sled dog teams.

Robert McDonald

Box 526
Churchill, MB RoB oEo

LEARNING ADVENTURES AND EXPERIENCES - CANOE/KAYAK

The following is a list of outfitters specializing in canoe and kayak experiences. Please refer to the Manitoba Fishing & Hunting Adventures Guide for a complete list of outfitters offering canoeing, fishing and hunting packages.

ADVENTURE EDUCATION MANITOBA

Where adventure becomes education for life! Custom-designed adventure-based and experiential learning programs. Kayaking and canoeing, including a four-day canoe package for individuals, adventure courses, backpacking and more. Wilderness first aid course for groups or individuals also available. We serve individual schools to entire communities and small business to national operations.

Gary Monkman
255 Taché Avenue
Winnipeg, MB R2H 1Z8
Phone: (204) 775-2462
Toll-free: 1-866-315-3066
Fax: (204) 975-2656
Web site: www.aeminfo.mb.ca
E-mail: aem@mts.net

CLEARWATER CANOE OUTFITTERS

Canoe outfitting and guide services throughout northern Manitoba including the Seal, Hayes, Grass, Churchill and Burntwood rivers. Pristine wilderness forests and waterways provide tranquil tripping and wilderness camping. Float plane transportation to head waters also available.

Doug Sangster
Box 3939, The Pas R9A 1S5
Phone: (204) 624-5606
or (204) 624-5467
Fax: (204) 624-5606
Web site: www.mts.net/~rgallagher/clearwater/
E-mail: cc lodge@mailme.ca

KAYAK CHURCHILL

See page 44

MANTARIO WILDERNESS SKILLS

Five days of canoeing, hiking, swimming and nature study for adults on Mantario Lake. All-inclusive package includes food, canoes and safety equipment with accommodation at Mantario Lodge.

Manitoba Naturalist Society
401 - 63 Albert Street
Winnipeg, MB R3B 1G4
Phone: (204) 943-9029
Fax: (204) 943-9029
Web site: www.manitobanature.ca
E-mail: mns1@mts.net

NORTHERN SOUL WILDERNESS ADVENTURES

Guided canoe trips on historical canoe routes throughout Manitoba. Specializing in the Bloodvein, Seal, Manigotagan, Pigeon and Hayes rivers. Professional guides provide instruction, wilderness lore, aboriginal and cultural activities. Packages are all-inclusive. Customized trips available for all lengths, age groups and abilities. Shuttle service and rental program. Weekend nature photography workshops.

Paul Gossen & Dave Pancoe
74 Gleneagles Rd.
Winnipeg, MB R2J 2Y2
Phone: (204) 284-4072
Toll-free: 1-866-284-4072
Fax: (204) 477-5525
Web site: www.northernsoul.ca
E-mail: adventure@northernsoul.ca

PRIMED PADDLES

Eco-tourism guided canoe trips throughout Nopiming Provincial Park in eastern Manitoba. Specializing in guided wilderness trips into the scenic and peaceful waterways of the Canadian Shield. The rivers, lakes, waterfalls, rapids and abundance of wildlife await. Expeditions range from one day to two week-long customized trips.

Darren Bouchard & Shelley Smith
Box 20003,
Lac du Bonnet, MB R0E 1A0
Phone: (204) 345-6085
Fax: (204) 345-6085
Web site: www.primedpaddles.com
E-mail: sales@primedpaddles.com

RED RIVER OUTFITTERS

Custom-designed wilderness canoe trips of Manitoba's back country and interpretive canoe tours of Winnipeg. View the splendor of some of Manitoba's premier canoe waterways and experience the thrill of running rapids on waters such as the Manigotagan, Hayes, Bloodvein and Pigeon rivers. In Winnipeg, experience unique history-filled voyageur canoe tours of Winnipeg on the Red and Assiniboine Rivers including visits to Lower Fort Garry National Historic Site, a fur trade centre during the late 1800s. Family canoe instruction packages for all ages available throughout the province.

Cameron White
Box 23, Lorette, MB R0A 0V0
Toll-free: 1-886-425-9430
Web site: www.redriveroutfitters.ca
E-mail: rr0@mts.net

RIVERS RUN WILD

Wilderness canoe trips on the Fox, Bigstone, Gowan, Dafoe, Stupart, Limestone, Hayes and Churchill rivers and their tributaries in northern Manitoba. Historic water pathways course over some of the oldest exposed granite and between eskers whose steep slopes reach hundreds of feet in height. Canoes and related equipment for rent.

Dwayne Dosch
Box 777, Gillam, MB R0B 0L0
Phone (204) 652-2966
Web site: www.rrw.ca
E-mail: dwayne@rrw.ca

SPENCE'S MANTARIO OUTFITTERS

Canoe rentals and guided canoeing on east side of Lake Winnipeg.

Steve Spence
General Delivery, Bissett, MB R0E 0J0
Phone: (204) 277-5232
Fax: (204) 277-5232

UP THE CREEK OUTFITTERS

Daily schedule canoe trips with wildlife viewing on the gentle flowing Assiniboine River located near Spruce Woods Provincial Park, known for its desert sand dunes in southern Manitoba. The scenic Assiniboine, with its high banks, wildlife and birds too numerous to mention, is ideal for all ages and levels of experience. All-inclusive packages for individuals and families. We can also accommodate large groups.

Randy Dowd
Box 338, Glenboro, MB R0K 0X0
Phone: (204) 827-2132
Toll-free: 1-877-331-3326
Fax: (204) 827-2871
Web site:
www.upthecreekmanitoba.tripod.com
E-mail: randowd@mb.sympatico.ca

WHITE PELICAN KAYAK TOURS

Discover Canada's inland seas – Lake Winnipeg and Lake Winnipegosis. Kayak these beautiful waters and experience the islands, beaches and abundant wildlife and birds. Lake Winnipeg is one of North America's largest freshwater lakes and is more than 441 km/265 miles long. Four-day tours available. Packages include equipment and gourmet meals with experienced guides.

Brian Neill
Box 1070, Dauphin, MB R7N 3L9
Phone: (204) 638-0494
Fax: (204) 638-0409
Web site:
www.whitepelicankayaktours.ca
E-mail: info@whitepelicankayaktours.ca

WILDERNESS ODYSSEYS, LTD.

Whitewater rafting, canoeing and sea kayaking on the Pigeon, Bloodvein, Berens and Poplar rivers in eastern Manitoba and on the Caribou, Churchill, North Seal and Wolverine rivers and Hudson Bay in northern Manitoba. Includes fly-in float plane service, meals, guides, instruction in canoeing, kayaking, sea-kayaking, wilderness survival and environmental research programs.

David Koritko
Box 30355, Alexandria, VA 22310
Phone: (703) 475-3236
Fax: (703) 455-9555
Toll-free: 1-800-443-6199
Web site: www.wildernessodysseys.com
E-mail: david@wildernessodysseys.com

WILDERNESS SPIRIT ADVENTURES

Guided canoe trips ranging from 4 to 16-days as well as customized trips for all skill levels. Canadian Shield waters include Bloodvein, Manigotagan or Pigeon rivers, or to Hudson Bay on the Caribou, Seal or historic Hayes rivers. Certified CRCA moving water instruction is available.

Rob Currie
696 McMillan Avenue
Winnipeg, MB R3M 0V1
Phone: (204) 452-7049
Toll-free: 1-866-287-1591
Fax: (204) 452-7049
Web site: www.wildernessspirit.com
E-mail: rob@wildernessspirit.com



Paddle your own path and travel a river that time forgot.

MAJOR FESTIVALS & EVENTS

Name of Festival/Location/Website	2006 Dates	2007 Dates
FESTIVAL DU VOYAGEUR, WINNIPEG www.festivalvoyageur.mb.ca	February 10-19	February 9-18
NORTHERN MANITOBA TRAPPERS FESTIVAL, THE PAS www.trappersfestival.com	February 15-19	February 14-18
ROYAL MANITOBA WINTER FAIR, BRANDON www.brandonfairs.com	March 27-April 1	March 26-31
MANITOBA SUMMER FAIR, BRANDON www.brandonfairs.com	June 14-18	June 6-10
WINNIPEG INTERNATIONAL CHILDREN'S FESTIVAL www.kidsfest.ca	June 8-11	June 7-10
THOMPSON NICKEL DAYS www.thompson.ca	June 15-18	June 14-17
JAZZ WINNIPEG FESTIVAL www.jazzwinnipeg.com	June 16-24	June 14-23
RED RIVER EXHIBITION, WINNIPEG www.redriverex.com	June 22-July 1	June 21-30
DAUPHIN'S COUNTRYFEST www.countryfest.mb.ca	June 29-July 2	June 28-July 1
WINNIPEG FOLK FESTIVAL www.winnipegfolkfestival.com	July 6-9	July 5-8
WINNIPEG FRINGE THEATRE FESTIVAL www.winnipegfringe.com	July 19-30	July 18-29
MANITOBA STAMPEDE & EXHIBITION, MORRIS www.manitobastampede.ca	July 20-23	July 19-22
NEEPAWA AND AREA LILY FESTIVAL www.town.neepawa.mb.ca/lily	July 21-23	July 20-22
MANITOBA SUNFLOWER FESTIVAL, ALTONA www.townofaltona.com	July 21-23	July 20-22
MANITOBA THRESHERMEN'S REUNION & STAMPEDE, AUSTIN www.ag-museum.mb.ca	July 26-29	July 25-28
ISLENDINGADAGURINN, GIMLI (Icelandic Festival of Manitoba) www.icelandicfestival.com	August 4-7	August 3-6
CANADA'S NATIONAL UKRAINIAN FESTIVAL, INC., DAUPHIN www.cnuf.ca	August 4-6	August 3-5
ST. PIERRE FROG FOLLIES, ST. PIERRE-JOLYS www.frogfollies.com	August 4-7	August 3-6
FOLKLORAMA, WINNIPEG www.folklorama.ca	August 6-19	August 5-18
PIONEER DAYS, STEINBACH www.mennoniteheritagevillage.com	August 4-7	August 3-6
MORDEN CORN & APPLE FESTIVAL www.mordenmb.ca	August 25-27	August 24-26
PEMBINA THRESHERMEN'S REUNION, WINKLER	September 8-9	September 7-8
MANITOBA LIVESTOCK EXPO, BRANDON www.brandonfairs.com	November 2-5	November 1-3

For a complete list of events refer to the Manitoba Camping Events Guide or visit www.info-manitoba.com

TOUR ESCORT NOTES

{ legends, myths
and local lore



Steep Rock

Provincehood: Joined Confederation July 15, 1870

Origin of Name: Probably from the Cree language, referring to the echoing sounds that came from a strait of Lake Manitoba and thought to be the voice of the Great Spirit, or Manitou. Manitoba — the place where the spirit lives.

Provincial Capital: Winnipeg

Provincial Nicknames: Keystone Province and Gateway to the West

Provincial Flag: The flag is a Red Ensign, with the Union Jack in the upper quarter on the staff side and the provincial coat-of-arms centred in the fly half.

Provincial Bird: Great Grey Owl

Provincial Flower: Prairie Crocus

Provincial Animal: Bison

Provincial Tree: White Spruce



PRAIRIE CROCUS — *anemone patens*

POPULATION

Population: 1,147,583 (5th among the provinces)

Population Distribution: 75 per cent of Manitobans live in a city or town and 75 per cent of those urban dwellers live in Winnipeg.

Winnipeg	677,625
Brandon	39,175
Thompson	14,385
Portage la Prairie	13,077
Selkirk	9,881
Flin Flon	6,572
Churchill	890

(Population figures based on the 1991 census)



GEOGRAPHY

Manitoba is bordered by the American states of Minnesota and North Dakota on the south, the province of Saskatchewan on the west, the Nunavut Territory on the north, and Ontario on the east. To the northeast, the province has 645 km (400 mi.) of coastline along Hudson Bay.

Highest Point: 831 m (2,727 ft.),
Baldy Mountain in Duck Mountain Provincial Park

Lowest Point: sea level, on the Hudson Bay coast

Greatest Distance:

North to South 1,225 km (761 mi.)
East to West 793 km (493 mi.)

Area:

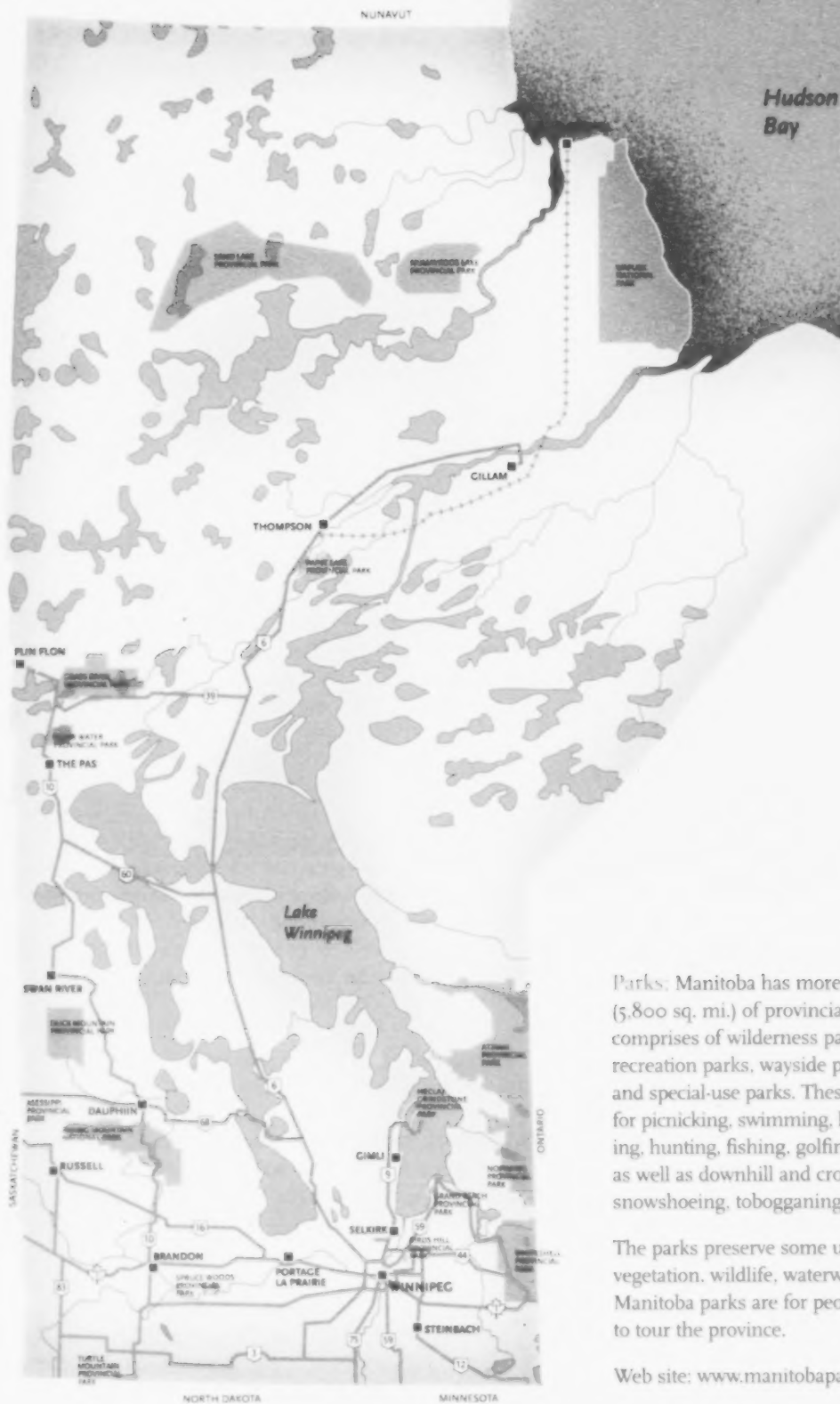
Land Surface 548,355 km² (211,665 sq. mi.)
Water Surface 101,592 km² (39,215 sq. mi.)
Total 649,947 km² (250,880 sq. mi.)

Rank in area among provinces: 5th

Topography: Manitoba is the easternmost of the three Prairie provinces. Parts of southern Manitoba are very flat with rolling hills and valleys dominating the rest. The land slopes gradually from the south and west to sea level in the northeast. In most of the province elevations range between 150 and 300 m (492 and 984 ft.). The land most suitable for agriculture, where most of the people live, lies south and west of Lake Winnipegosis and Lake Winnipeg. The rest is in rugged Precambrian shield country, and consists mainly of rocks, lakes, rivers and swamps.

Lakes: There are 100,000 lakes in Manitoba, covering about 15 per cent of the province's total area. While most are in the northern three-fifths of the province, the three largest lakes – Lake Winnipeg, Lake Winnipegosis and Lake Manitoba – are in the southern two-fifths.

Rivers: All of Manitoba's waters eventually drain into Hudson Bay. The Nelson, Churchill and Hayes rivers flow directly into Hudson Bay. The Saskatchewan River flows into Lake Winnipeg from the west, the Winnipeg River from the east, and the Red River from the south. Another major river, the Assiniboine, joins the Red River at the Forks in Winnipeg.



Parks: Manitoba has more than 15,000 km² (5,800 sq. mi.) of provincial parks. The system comprises of wilderness parks, natural parks, recreation parks, wayside parks, heritage parks and special-use parks. These parks are designated for picnicking, swimming, hiking, biking, canoeing, hunting, fishing, golfing, horseback riding, as well as downhill and cross-country skiing, snowshoeing, tobogganing and snowmobiling.

The parks preserve some unique land formations, vegetation, wildlife, waterways and heritage. Manitoba parks are for people and an ideal way to tour the province.

Web site: www.manitobaparks.com

NATURE

Wildlife management areas cover more than 30,000 km² (11,500 sq. mi.). These are provided to improve habitat and allow access for people to enjoy wildlife.

Trees: species include aspen, balsam, poplar, bur oak, American elm, green ash, birch, Manitoba maple, cottonwood, jackpine, white spruce, black spruce, balsam fir, tamarack and alder.

Wild plants: various kinds of willow, grasses, sedges, reeds, mosses, ferns and lichens; wildflowers, include prairie lily, prairie crocus, wild rose, lily of the valley, marsh marigold; wild berries include saskatoon, blueberry, red raspberry, currant and gooseberry.

Animals: mammals include bat, rabbit, hare, numerous rodents, raccoon, coyote, wolf, fox, black bear, several members of the weasel family, cougar, lynx, bobcat, elk, deer, moose, caribou, bison, polar bear, beluga whales, harbour seal; reptiles include turtles, northern prairie skink, five species of snakes and 13 species of amphibians (salamanders, toads and frogs).



Canada jay or whisky jack



Cow moose and calf

Birds: among the hundreds of bird species that can be seen in Manitoba are: loon, pelican, heron, swan, Canada goose, several ducks, bald and golden eagles, hawks, peregrine falcon, partridge, grouse, ring-necked pheasant, sandhill crane, sandpiper, great grey owl, snowy owl, ruby-throated hummingbird, woodpeckers, horned lark, swallows, jays, common raven, American crow, black-billed magpie, black-capped chickadee, sparrows, bluebird, scarlet tanager, bobolink, red-winged blackbird, western meadowlark.

Fish: 28 species of fish including arctic char, arctic grayling, black crappie, brook trout, brown trout, bullhead, burbot, carp, channel catfish, freshwater drum, goldeye, lake trout, largemouth bass, mooneye, northern pike, perch, rainbow trout, rock bass, sauger, smallmouth bass, splake, sturgeon, tullibee, walleye, white bass, whitefish.



Black spruce - cone and leaves

HISTORY

The hunter-gatherer ancestors of Manitoba's Aboriginal people first came to the area some 10,000 years ago. Then, and through the years that followed, the forks of the Red and Assiniboine rivers in what is now Winnipeg was recognized as a natural and important meeting place.

The first European reached present-day Manitoba in 1612. The first non-Native to explore the area was Henry Kelsey, who travelled the northern part of the province in 1690.

In 1738, Fort Rouge was built at the junction of the Red and Assiniboine rivers. The Forks, as the junction was called, became the centre of a thriving fur trade.



Buffalo hunt dramatically portrayed at the Manitoba Museum.

In 1811, Lord Selkirk, a Scottish noble whose dream was to plant the seeds of agriculture in Manitoba, established the Red River Settlement at the forks of the Red and Assiniboine rivers. Six years later, missionaries from Quebec arrived on the east side of the Red River, which was populated by French-Canadians and the mixed French and Aboriginal people called Métis.

The fur trade began its decline in 1869 when the Canadian government purchased the territory that would become Western Canada. In 1870, Manitoba became Canada's fifth province thanks to Louis Riel, a leader of the Métis who drafted the Bill of Rights under which the people of the Red River Settlement agreed to become part of the new country.

Settlers began pouring into Manitoba in the mid-1890s. As the fur trade era came to a close, the farmers of the Red River Settlement moved to the fore. In the years that followed, Manitoba in general and Winnipeg in particular became a hub of agricultural, commercial and manufacturing activity.

ECONOMY

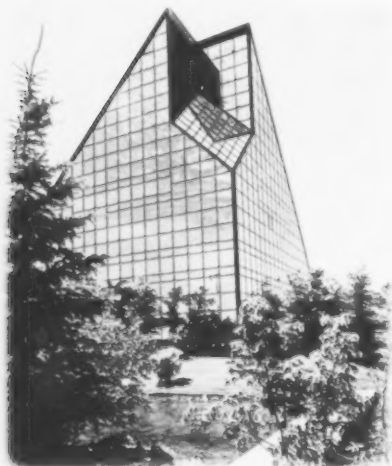
Manitoba is a vibrant financial, commercial, wholesale and insurance centre. It has a broad-based manufacturing sector that includes fashion, furniture, electronics, aerospace, food processing, and the production of farm and transportation equipment. Exceptionally low rates for electricity, an abundant supply of natural gas, oil and electric power, and inexpensive, high-quality, worldwide telecommunications service have all been instrumental in helping Manitoba set industry standards.

- ➔ Wheat is the most important Manitoba crop, accounting for over half of crop production value. Barley, canola, flaxseed, oats and rye follow, along with specialized crops such as sunflowers, corn, buckwheat, soybeans, lentils and field peas. Livestock and horticulture are also of importance.
- ➔ Nickel production is the most significant component of the mining industry followed by copper, zinc, cadmium, gold, silver, selenium, tellurium, tantalum and cesium. Industrial minerals are also quarried for raw materials for construction and specialized uses.
- ➔ Manitoba is an exporter of hydroelectric power with most of the generating stations located north of the 53rd parallel. Commercial fishing is significant, especially for a land-locked province with more than 14 species caught commercially.
- ➔ More than half of Manitoba's land area is officially classified as forest land, which is more than triple the amount dedicated to agriculture. Fifteen areas are set aside as publicly owned provincial forests for pulpwood and sawlogs.
- ➔ Important manufacturing industries include food and beverages, machinery, metal fabricating, transportation equipment and telecommunications.

HOLIDAYS

Canada and the United States share many of the same holidays, with the same custom of observing many holidays in conjunction with a weekend. The following are official holidays and statutory days observed by most companies and government offices in Manitoba:

JANUARY 1	NEW YEAR'S DAY
MARCH OR APRIL	GOOD FRIDAY
MARCH OR APRIL	EASTER
THIRD MONDAY IN MAY	VICTORIA DAY
JULY 1	CANADA DAY
FIRST MONDAY IN AUGUST	CIVIC HOLIDAY
FIRST MONDAY IN SEPTEMBER	LABOUR DAY
SECOND MONDAY IN OCTOBER	THANKSGIVING
NOVEMBER 11	REMEMBRANCE DAY
DECEMBER 25	CHRISTMAS
DECEMBER 26	BOXING DAY



Royal Canadian Mint in Winnipeg.

CLIMATE

Temperatures in Manitoba range from an average of 62° to 75°F or 17° to 24°C in June to an average of 45° to 65°F or 8° to 18°C in September. July and August are usually the warmest months with average maximum temperatures reaching the high 70s and 80s°F or high 20s and low 30s°C. Winter is usually cold and crisp with temperatures averaging from 8° to 30°F or -13° to 0°C.

	Winnipeg		Churchill	
	max.	min.	max.	min.
Jan.	-13°C	7°F	-24°C	-11°F
Feb.	-10°C	14°F	-21°C	-6°F
Mar.	-2°C	27°F	-12°C	7°F
Apr.	10°C	48°F	-2°C	28°F
May	19°C	64°F	5°C	41°F
June	23°C	73°F	10°C	52°F
July	26°C	79°F	13°C	55°F
Aug.	25°C	77°F	12°C	54°F
Sept.	19°C	64°F	6°C	43°F
Oct.	11°C	54°F	0°C	34°F
Nov.	0°C	32°F	-9°C	16°F
Dec.	-10°C	16°F	-19°C	-2°F

In Winnipeg, there are normally 121.2 hours of bright sunshine in January and 315.6 hours in July. Even the cloudiest month, November, averages 90.7 hours of sunshine.

More than half of the annual precipitation falls in the summer months, often in the form of brief but heavy showers. Total average annual precipitation ranges from 355 mm (14 in.) in the far north to 558 mm (22 in.) in the southeast; most agricultural areas receive between 400 and 500 mm (16 to 20 in.) each year.

TIME ZONE

All of Manitoba is located in the central time zone. Daylight time is in effect in the province from the first weekend in April to the last weekend in October.

BORDER & CUSTOMS REGULATIONS

American visitors to Manitoba need only present proof of their citizenship or a birth certificate. Visitors from other countries should contact their local travel authority for passport (and possible visa) entry requirements.

ALCOHOLIC BEVERAGES

Non-residents of at least 18 years of age may bring into Manitoba 40 oz. (1.1 litres) of liquor or wine, or 24-12 oz. cans or bottles (288 fl. oz. or 8.5 litres) of beer or ale.

Spirits and wines are sold in outlets operated by the Manitoba Liquor Control Commission, or by commission-approved local liquor vendors and wine stores.

FOOD

Visitors may import food for their own use without duty payment, provided the quantity is consistent with the duration and nature of the stay in Canada.

TOBACCO PRODUCTS

Visitors who meet the minimum age set by their state or province where they enter Canada can import into Manitoba 50 cigars, 200 cigarettes and 200 g (14 oz.) of loose tobacco duty-free. Federal duty and taxes apply to additional quantities.

FIREARMS

All firearms must be declared upon arrival. A temporary license, fees and subsequent export of firearms is required. Contact the Canadian Firearms Centre at 1-800-731-4000. E-mail: canadian.firearms@justice.gc.ca or web site: www.cfc.gc.ca for full details.

Fully automatic weapons, silencers, handguns and rifles or shotguns that have been adapted to be fired when reduced to a length of less than 660 mm (26 in.) are prohibited.

RETURNING HOME

Visitors from countries other than the United States should check with their local customs office before departure for specific customs information. After more than 48 hours in Canada, U.S. residents may take back merchandise for personal or household use of up to \$800 fair retail value, free of United States duty or tax.

Included in this exemption may be up to 100 cigars (non-Cuban), one litre (33.8 fl. oz.) of alcoholic beverage (if the resident is 21 years or older) and 200 cigarettes (one carton) per person. U.S. residents visiting Canada for less than 48 hours may take back \$200 worth of merchandise duty-free. This exemption includes 50 cigarettes, 10 cigars (non-Cuban) and 150 ml (4 fl. oz.) of alcoholic beverages.

CANADIAN CURRENCY

To ensure the prevailing rate of exchange, visitors are advised to exchange their funds or traveller's cheques at any Canadian financial institution, bank, trust company, credit union, *caisse populaire*, or at exchange booths at border crossing points. Although U.S. money is readily accepted in Canada, using Canadian money while travelling in Canada is recommended.

TAX REFUND FOR VISITORS

As a non-resident visitor, you can claim a refund for goods and services tax/harmonized sales tax (GST/HST) you paid on eligible goods and short-term accommodation while visiting Canada.

To qualify for a tax refund, you have to meet the following conditions:

- you are not a resident of Canada at the time you apply for a refund;
- you purchased eligible goods for personal use, eligible short-term accommodation or both;
- you paid GST/HST on these purchases;
- you have original receipts (we do not accept photocopies, debit or credit card slips);
- you have Proof of Export for the eligible goods you purchased in Canada;
- the total of your purchase amounts (before taxes) must be at least CAN\$200;
- each receipt for eligible goods shows a minimum total purchase amount (before taxes) of CAN\$50; and
- the goods are removed from Canada within 60 days of the date you bought them.

You can get more information from 1-800-959-8281 or www.cra-arc.gc.ca

IN CASE OF EMERGENCY

In Winnipeg or Brandon, dial 911 for any life-threatening situation. In other areas of Manitoba, dial "0" and an operator will direct your call. Ask for Fire, Ambulance, Police or Poison Treatment. Give the operator the location of the emergency.

METRIC CONVERSIONS

TEMPERATURE

Fahrenheit to Celsius: Subtract 32 from degrees F, multiply by 5, divide by 9.

Celsius to Fahrenheit: Multiply degrees C by 9, divide by 5, add 32.



DISTANCE

Miles to kilometres: Multiply miles by 1.6.

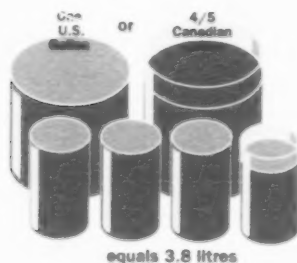
Kilometres to miles: Multiply kilometres by 0.6.



VOLUME

Litres to U.S. gallons: Divide number of litres by 3.8.

U.S. gallons to litres: Multiply number of gallons by 3.8.



A POT-POURRI OF MANITOBA FACTS

The following is a list of information tidbits about Manitoba ranging from the history and economy to natural wonders and interesting people. The list has been categorized by highways and regions:

GENERAL

TRANSCANADA HIGHWAY EAST AND WEST

YELLOWHEAD HIGHWAY 16, HIGHWAY 83 AND HIGHWAY 10 NORTH

INTERLAKE AND HIGHWAY 5 NORTH

HIGHWAYS 12 AND 59

HIGHWAY 2

HIGHWAY 3

HIGHWAY 75

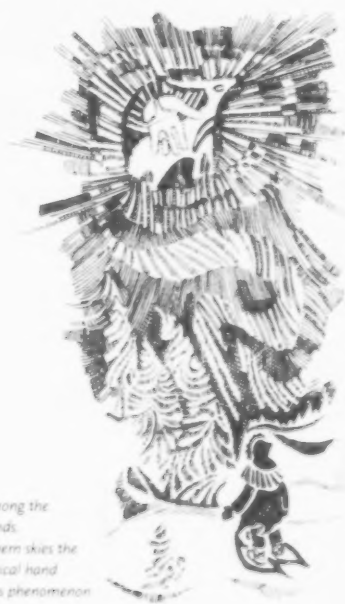
WINNIPEG

The aurora borealis known as "ed thin" among the Chipewyan is explained in one of their legends. They held the belief that far up in the northern skies the fur of a celestial deer was stroked by a mystical hand activating sparks and creating the wondrous phenomenon they observed.



Manitoba Star Attractions

- watch for the Star Attractions logo on street and highway signs



GENERAL

→ The **beaver** is the world's largest rodent and highly prized for its luxurious pelt. It was the beaver that fueled the fur trade of the 1800s, which in turn was the catalyst for the initial exploration and settlement of Manitoba by Europeans.

→ William Alloway was the 1921 founder of the Winnipeg Foundation, the first community foundation in Canada. His younger brother, Charles, is credited with saving the bison from extinction with his "pet" 13 purebreds.

→ Food products that Manitoba is known for include **golden caviar, honey, sunflower seeds, wild rice** and **smoked goldeye fish**.

→ **Manitoba's geological history** can actually be measured in billions of years. Today we have rolling prairies to the west and south, Canadian shield to the east and north, and Arctic regions in the upper reaches of the province. But in Manitoba's geological lifetime, it has transformed from a volcanic outcropping of ancient rock to a huge swampy sea and a giant glacier. The climate ranged from the frigid sub-arctic to tropical heat and was home to everything from gigantic marine reptiles to woolly mammoths. In fact, at one point, Manitoba was an alpine province with huge mountain ranges. Today, lakes Winnipeg and Manitoba are all that is left of Lake Agassiz, the body of water that once covered most of the province.

→ **The fur traders' fantastic journey** to Hudson Bay was an arduous trip in the 1800s. Each spring, hearty voyageurs travelled by freight canoes from Lake Winnipeg north to York Factory on Hudson Bay carrying furs for England and returning with trade goods to take back to the colony. Time was of the essence, as the return trip had to be made before freeze-up. Pemmican, an Aboriginal staple made of dried bison meat, was of great importance during this era as there was little time to gather food along the way.

→ There are more than 131 **golf courses** in Manitoba. The most scenic include those in Hecla, the Whiteshell and Riding Mountain National Park.

→ The name **Manitoba** is believed to be of Cree or Ojibway origin. At Lake Manitoba Narrows lay an island whose limestone beach produced a roaring sound from the pounding of the waves. It was believed that this place was where a "manitou" or "great spirit" beat his drums. The strait, called "manitowapow" (Cree) or "manito bau" (Ojibway), means strait of the spirit, from which the lake and the province took its name, Manitoba – the place where the spirit lives.

→ **Native Manitoba Tyndall Stone** with a distinctive mottled pattern in the stone is used on the exteriors of many of Winnipeg's buildings including the Legislative Building, Centennial Concert Hall, Winnipeg Art Gallery and in Ottawa, the Parliament Building and the Museum of Civilization in Gatineau.

→ Manitoba is a "**maritime**" province with 645 km/400 mi. of ocean coastline along Hudson Bay.

→ There are more than 100,000 lakes and countless rivers in Manitoba.

→ There are **28 species of trophy fish** in Manitoba. The most popular are northern pike, lake trout and walleye.

→ Manitoba's **Master Angler Program** awards certificates and badges to more than 6,000 anglers each year who land trophy-size fish. In support of a sustainable resource, the program promotes catch-and-release as part of the award structure.

→ Manitoba has more than 2,300 hours of **sunshine** each year.

The Trans-Canada Highway is approximately 500 km/300 mi. from Ontario to Saskatchewan.

WHITESHELL PROVINCIAL PARK

- For decades, many scientists thought the Giant Canada Goose was close to extinction. Then in the 1930s, mink rancher and outdoorsman Alfred Hole was given four baby goslings. He won a bet to keep the goslings alive, and today some 200 geese return to the **Alfred Hole Goose Sanctuary** each spring and fall.
- The **Caddy Lake rock cave** was created when the railroad was built through Whiteshell Provincial Park. The cave can be seen by boat.
- The highest number of certified recorded sightings of **UFOs** in Canada is in the province of Manitoba. One of these locations can be seen on the Falcon Lake horseback trail in Whiteshell Provincial Park.
- In the 1920s, the Royal Canadian Air Force fire patrols used **homing pigeons** to communicate with their headquarters in Winnipeg.
- **West Hawk Lake** in the Whiteshell Provincial Park is the deepest known lake in Manitoba at 111 m/365 ft. It is believed to have been formed by a meteor and is a popular scuba-diving destination.
- The name "**Whiteshell**" is related to the small, white, sacred cowry shell known as "megis." The Anicinabe believe the Creator breathed life into the first human through this shell. Megis shells are symbolic of both the Creation and the path of life as set out for the Ojibway by the Creator.

BISSETT

- Located in Eastern Manitoba, Bissett is the site of Western Canada's oldest, continuously producing **gold mine**, which ran from 1927 to the 1960s and re-opened in the 1990s.

LAC DU BONNET

- Is the site of Manitoba's **first airmail flight**, conducted by Western Canada Airways on June 1, 1927.

WHITEMOUTH

- **Dr. Charlotte Ross of Whitemouth**, Manitoba's first licensed woman doctor, often travelled by canoe, horse, sleigh, locomotive handcar or on foot to reach her patients.

BEAUSEJOUR

- The first **glass container factory** in Western Canada was operated in the town of Beausejour.
- The **Canadian Powertoboggan Championships** are held here in March during the annual Beausejour Winter Farewell Carnival.



Alfred Hole

STE. ANNE

→ The **Dawson Road** Cairn commemorates the construction of Dawson Road. Between 1868 and 1871, the first land route blazed through forests, muskeg and bogs. A rough wooden trail was created by the new **Dominion of Canada** as a land link to assert ownership over the territory that became Western Canada. This modest road was followed in 1881 by construction of the Canadian Pacific Railway.

→ Somewhere in the dense bush east of Winnipeg along the old **Dawson Trail**, there is supposed to be a treasure of pure gold.

According to storytellers, a soldier was carrying \$10,000 in gold to pay troops from the Wolseley expedition. They had marched more than 1,000 km/600 mi. from Toronto along the famous Dawson Trail on their way to Fort Garry (Winnipeg).

The soldier carrying the payroll was chased along a portion of the trail between Harrison Creek and the North West Angle Forest Reserve, near Ste. Anne. As the soldier's horse tired and his pursuers closed in on him, the soldier dumped the pouch containing the gold and, with renewed speed, eventually outran the bandits. Some people say the soldier threw the money in the swamp and it disappeared. Others claim he hid the pouch intending to return but was never able to find the hiding place.

DUFRESNE

→ The **longitudinal centre of Canada** is marked at 96°48' 35", 29 km/18 mi. east of Winnipeg on the TransCanada Highway.

DUGALD

→ The **Costume Museum of Canada**  east of Winnipeg, is Canada's first costume museum dedicated to the preservation of fashion clothes through the ages. A tearoom and pioneer home complete the facility.

WINNIPEG

see Winnipeg section, page 68.

ST. FRANÇOIS XAVIER

→ St. François Xavier, west of Winnipeg, is located in an area called the **Whitehorse Plains**. In the 1800s, an Assiniboine chief accepted a Cree's offer of a white horse in exchange for the hand of his daughter in marriage rather than another offer from a Sioux chief. When the rejected suitor and his escort of warriors came across the prairie to avenge the wedding, the bride and bridegroom fled on their horses. Sioux arrows killed the young couple, but the white horse escaped. The horse was then left free to roam the Prairies as the Aboriginals believed that the soul of the bride had passed into the horse. Today, the ghostly form of the white horse still haunts the plains. A statue of the white horse is located on the TransCanada Highway, west of Winnipeg at St. François Xavier.

PORTAGE LA PRAIRIE

→ The **Portage Exhibition** was first held in 1872 and is the oldest continuously run agricultural fair in Western Canada. It is also Manitoba's largest "B" class fair.

→ Portage la Prairie's city hall originally opened in 1898 as the **Dominion Post Office**. It was designed by Thomas A. Fuller, the architect and designer of Canada's Parliament Buildings in Ottawa.

→ La Vérendrye was born in Trois-Rivières, Quebec, in 1683. In 1731, he was made commandant of the western posts to find the fabled "Great Western Sea." He never succeeded in his quest as the Rocky Mountains proved an insurmountable barrier. He did, however, blaze a trail into Western Canada, establishing posts for New France from 1732 to 1744. He built **Fort la Reine** as his headquarters and today the museum recreates the trading days of the 1800s.

→ **The Delta Marsh**, northeast of Portage la Prairie, is one of North America's largest waterfowl staging marshes. It is home to the North American Waterfowl Plan and a major research area. In the 1930s Roy Rogers, Fred McMurray, Don Ameche, Ginger Rogers, Howard Hughes, Gary Cooper and Clark Gable hunted in these marshes.

AUSTIN

→ The largest collection of operational vintage farm machinery in Canada is housed at the **Manitoba Agricultural Museum**  in Austin. These machines are paraded each July during the Manitoba Threshermen's Reunion and Stampede.

SPRUCE WOODS PROVINCIAL PARK

→ **Spirit Sands**, in Spruce Woods Provincial Forest, is a sand desert located near the Assiniboine River, just south of the TransCanada Highway. It is a 5 km²/3 sq. mi. track of open, blowing sand dunes that rise 30 m/100 ft. above the surrounding prairies.

CARBERRY

→ Home of **Seton Centre**, commemorating the life and work of world-famous naturalist, Ernest Thompson Seton.



The Spirit Sands.

BRANDON

→ Brandon is Manitoba's second largest city and is known as the "**Wheat City**."

→ Manitoba's largest livestock show and sale is held annually in early November during Brandon's Fall Fair.

→ The **Agriculture and Agri-Food Canada Research Centre** in Brandon is one of five original farms, two of which are located in Manitoba, established in Canada under The Experimental Farm Stations Act of 1886.

→ The **Keystone Centre** is one of Canada's largest consolidated convention, entertainment, agriculture and recreation complexes with 38,547 m²/ 415,000 sq. ft., almost 4 hectares/10 acres, under a single roof.

→ The **University of Brandon** offers degrees in arts, science, education and music, and has approximately 1,200 full-time, 1,600 part-time and 1,400 summer students.

→ **Wilfred Bigelow** (1913-), born in Brandon, was a heart surgeon who pioneered the use of hypothermia to protect the heart and brain from damage during long operations.

ELKHORN

→ There are more than 70 vintage automobiles on display at the **Manitoba Antique Automobile Museum**.

VIRDEN

→ **Dr. Ballard**, veterinarian and pet-food maker, originally came from Virden.

→ **Lily Acheson Wallace** of Virden is credited with founding Reader's Digest.

→ **David Rockola**, the inventor of the **jukebox** was from Virden.

→ The first producing **oil well** was drilled just west of Virden by California Standard in 1951.

→ Home of Western Canada's **oldest opera house**, which is still in operation today.

TRANSCANADA YELLOWHEAD HIGHWAY 16,
HIGHWAY 83 AND HIGHWAY 10 NORTH

Mile "0" of the Yellowhead Highway starts in Winnipeg at the junction of the Red and Assiniboine rivers. A plaque at The Forks designates the start of this route that follows the TransCanada Highway 1 to Portage la Prairie and turns northwest to Russell. It was named after an Iroquois trapper and guide whose light tint to his hair earned him the name "Tête Jaune," French for yellow head.

ST. FRANÇOIS XAVIER

see TransCanada Highway – Whitehorse Plains, page 58.

PORTAGE LA PRAIRIE

see TransCanada Highway – Portage la Prairie, page 58.

AMARANTH

→ There are five species of Lady's Slipper found in the Prairie Provinces, two of which can be seen here blooming at the end of June.

ARDEN

→ In spring, the prairie crocus, Manitoba's provincial flower, blankets the landscape at **Arden, Manitoba's Crocus Capital**. A crocus statue has been erected here.

NEEPAWA

→ The girlhood home of Canadian author **Margaret Laurence** (1926-1987) is located in Neepawa. The museum houses memorabilia as well as a collection of her books. Laurence published her first novel in 1960 and won the Governor General's Award for *A Jest of God*.

→ Neepawa is known as the "**Lily Capital of the World**" with more than 200,000 lilies and 1,500 named varieties growing at the Lily Nook and other gardens. This floral community celebrates Neepawa's **World Lily Capital Festival** each July.

→ There are 12,000 varieties of lilies growing on five acres of field each summer at the **Lily Nook**, south of Neepawa.

MINNEDOSA

→ The **Minnedosa Tribune** is the oldest existing newspaper in rural Manitoba and began in 1883.

SANDY LAKE

→ **Earl Symonds** of Sandy Lake has one of the largest privately owned model railways in Canada with 914 m/3,000 ft. of track and 350 engines.

SHOAL LAKE

→ The **Police and Pioneer Museum**, the only **North West Mounted Police** museum in Manitoba, was built in 1984.

RIDING MOUNTAIN NATIONAL PARK

→ Riding Mountain National Park is one of four parks in Canada chosen as a **Biosphere Reserve** under the United Nations Biosphere Program.

→ Riding Mountain National Park is a forest oasis surrounded by farmland at the edge of the Prairies and a plateau that stretches to the Rocky Mountains in Alberta. It is here that the grasslands meet the forests and lakes, providing three distinct habitats for a wide variety of birds and animals. The park is home to elk, deer, moose and wolves, as well as 230 species of birds including Manitoba's official bird, the Great Grey Owl.

→ A bison herd was re-introduced to Riding Mountain National Park. Approximately 30 bison range year-round at Lake Audy.

→ When Riding Mountain National Park opened in 1931, a man known as **Grey Owl** gave nature talks and shows with his pet beavers, Jellyroll and Rawhide. Although people thought he was an Aboriginal, Grey Owl was really an Englishman named Archibald Stansfield Belaney who had assumed an Aboriginal persona. Today, his cabin can be visited in the park.



Golf at Riding Mountain's Clear Lake

DAUPHIN

→ **Canada's National Ukrainian Festival** is held each August in the community of Dauphin, north of Riding Mountain National Park.

→ **Trembowla Cross of Freedom Museum**, near Dauphin, is the site of the first Ukrainian Catholic Divine Liturgy held in Canada in 1897.

DUCK MOUNTAIN PROVINCIAL PARK

→ **Baldy Mountain** is Manitoba's highest elevation at 831 m/2,727 ft.

GILBERT PLAINS

→ The **Negrych Pioneer Farmstead**, a provincial heritage site, contains the oldest-known Ukrainian-style house in Manitoba. It was constructed in 1899 and occupied continuously until 1990. There are 10 log buildings.

INGLIS

→ A row of five wooden grain elevators, constructed from the 1890s and operational until 1995, has been designated a **national historic site**  to preserve Western Canada's agricultural history. They are known as the "**prairie sentinels**" the last remaining elevators of their kind still standing in Western Canada.

ROBLIN

→ **Dr. Frank Leith Skinner**, one of Canada's most innovative horticulturists, developed 144 new or improved varieties of landscaped plants capable of surviving winter climates between 1912 and 1925. An arboretum trail provides a tour of the farm, which served as a natural laboratory.

RED DEER RIVER

→ In 1881, Manitoba was known as the "**postage stamp province**" as its northern boundary was the 53rd parallel. The boundary was extended to the 60th parallel in 1912, giving the province new resources and a coastline on Hudson Bay. A marker commemorates the original boundary at the Red Deer River on Highway 10.

→ The **Red Deer Lake Lumber Company**, established in 1906, was one of the largest lumber mills of the time. All that remains today is the office vault, built after a 1920 robbery that ended near Tisdale, Saskatchewan, with the grisly deaths of the thieves when authorities torched their haystack hideout.

THE PAS

→ **Clearwater Lake**, near The Pas, is so clear you can see to the bottom at 11 m/35 ft.

→ The **Northern Manitoba Trapper's Festival**, held in The Pas, originated in 1916 and is Western Canada's oldest winter festival.

→ **Christ Church** was founded in 1840 by Henry Budd, the first Aboriginal ordained to the Anglican ministry in Western Canada.

FLIN FLON

→ **Bobby Clarke** (1949-), born in Flin Flon, overcame diabetes to play for the National Hockey League's Philadelphia Flyers from 1969 to 1984.

→ The town of **Flin Flon** was named after a prospector's claim, and a hero in an English novel called *Sunless City*. The novel tells of the adventures of **Flintabbatey Flonatin**, who travelled through a bottomless lake to the centre of earth to a golden city, and how he made his escape.

In 1913, Tom Creighton fell through the ice while hunting and found refuge in a rock crevice. It was here that he noticed how highly mineralized the rock was. When he named his claim, he thought that this place must have been like what Flonatin travelled through to the golden city. So it was that Creighton named his mining stake, Flin Flon, and the town got its name. Cartoonist Al Capp was commissioned to design the statue of Flonatin that stands at the entrance to the town of Flin Flon.

→ The **Bloodvein** and **Seal Rivers** are two of six Canadian heritage waters that provide challenging paddling and spectacular scenery for canoeists.

LYNN LAKE

→ Lynn Lake is known as the "**town that moved**." In the 1950s, when the nickel mine at Sherridon ran out of ore, the company moved the entire settlement 210 km/130 miles north to Lynn Lake. It took five winters to complete the move of all the buildings and houses.

This route lies between the huge "inland sea," Lake Winnipeg, on the east, and lakes Manitoba and Winnipegosis on the west. This area is known as Manitoba's Interlake Region. The route continues north to Thompson and Churchill on Hudson Bay.

LOCKPORT

→ **Kennedy House** was built in 1866 by Captain William Kennedy, a Hudson's Bay Company fur trader and Arctic explorer. He was one of the first known Europeans to reach the Arctic Ocean.

→ In 1924, **Red River Motor Coach Bus Lines** was the first rural bus line to run a daily schedule from Winnipeg, Lockport and East Selkirk via Henderson Hwy. The entire route took 1.5 hours.

→ **St. Andrew's Church**, located along the Red River north of Winnipeg, is the oldest Anglican church in continuous service in Western Canada. This beautiful stone church still has kneeling benches covered with bison hides and a pioneer graveyard.

SELKIRK

→ Selkirk is known as the "**Catfish Capital of the World**."

→ Scottish heritage is celebrated during Manitoba's **Highland Gathering** in Selkirk each July. The Scottish were one of the first groups to settle in the Red River area in the 1800s.

→ The world's largest **Red River ox cart** is located in Selkirk Park. It is 6.5 m/22 ft. high and represents the former major mode of transportation for the area. The original carts were made entirely of wood and carried goods for trade in the 18th century. The squeaking of the wheels could be heard for miles across the prairies.

→ **Lower Fort Garry National Historic Site** is the oldest stone fur trading post still intact in North America. Costumed guides re-enact life of the 19th century fur trade era.

→ **The Marine Museum of Manitoba** features six historic ships, including Manitoba's oldest steamship, the S.S. KEENORA, paying tribute to Manitoba's maritime history on Lake Winnipeg.

OAK HAMMOCK MARSH

→ **Oak Hammock Marsh** , once drained for agricultural use, has been turned back into a wetland and is home to more than 297 kinds of birds and 25 mammals. Each spring and fall the marsh attracts more than 300,000 waterfowl. The Canadian headquarters of Ducks Unlimited is also housed in the Interpretive Centre.

British Airways Tourism for Tomorrow Awards selected Oak Hammock Marsh as the international winner in the Environmental Experience category, recognizing Oak Hammock as a global eco-tourism site.

INWOOD

→ Every year in mid-April, tens of thousands of red-sided garter snakes emerge from the limestone sinkholes near the community of Inwood, the "**garter snake capital of the world**." National Geographic has covered this natural phenomenon that occurs near Lake Winnipeg and Lake Manitoba.

LAKE WINNIPEG

→ **Lake Winnipeg** is the sixth largest freshwater lake in Canada and the 14th largest in the world. It is approximately 424 km/265 mi. long or 24,390 sq. km/9,417 sq. mi. **Lake Winnipegosis** is 5,374 sq. km/2,075 sq. mi. and **Lake Manitoba** is 4,659 sq. km/1,799 sq. mi.

→ The fine, white, powdery sand of **Grand Beach**  on the southeast side of Lake Winnipeg makes it one of the top-rated beaches in North America.

GIMLI

→ **Gimli**, known as "home of the Gods," was first settled in 1875 by Icelanders after the eruption of Mount Hecla in 1873, which buried vast regions of Iceland. More than a century later, the town of Gimli remains the largest Icelandic community outside of the homeland.

→ **Margaret Benedictssen** (1866-1956) was born in Iceland and immigrated to Manitoba. She led the Icelandic women's campaign for the right to vote, founded Canada's first suffragist newspaper and Manitoba's first suffragist organization.

ARNES

→ **Vilhjalmur Stefansson** (1879-1962), an explorer, lecturer and writer born at Arnes, was one of Canada's most famous Arctic explorers, who believed the Arctic was habitable and must be developed.

HECLA/GRINDSTONE PROVINCIAL PARK

→ **Hecla Island** was named after an Icelandic volcano by the Icelandic fishermen who settled in the area in 1876. Historical walking tours of Hecla Village are offered at Hecla Provincial Park.

LAKE MANITOBA NARROWS

→ The Thunderbird was thought by Aborigines of long ago to be the guardian of mankind against his mortal enemy. The legendary Thunderbird was described as a super eagle, capable of transforming into a man and able to cause lightning by the flashing of its eyes. A rock formation depressed in the ground was built as a nest by the Aborigines to attract the Thunderbird. It was here that the Saulteaux performed their ceremonies. Today, signs posted along the trail tell the legend of the **Thunderbird Nest**  at Lake Manitoba Narrows.

OAK POINT

→ A provincial heritage plaque marks the original boundary of Manitoba, formerly known as the "**postage stamp province**." It is located just north of the Oak Point Chalet.

GRAND RAPIDS

→ Ovide William Mercredi (1946-) was born at Grand Rapids and selected the National Chief of the Assembly of First Nations in 1991. He is a constitutional lawyer and Aboriginal rights activist.

→ Western Canada's first railway was built in 1877 on the shore of Lake Winnipeg near **Tramway Park** in Grand Rapids. The railway carried goods from Grand Rapids to the Saskatchewan River.

WABOWDEN

→ **Pisew Falls** , on the Grass River between Wabowden and Thompson on Highway 6, is Manitoba's highest waterfall accessible by road. It is 13 m/42 ft. high.

THOMPSON

→ The city of Thompson, known as the **nickel capital** of Manitoba, was established in 1957. It is an Inco Ltd. mining community of 15,000 people. Tours of the surface mining plant are conducted regularly.

GILLAM

→ Three massive **hydro-power generating stations** are located near Gillam on the Nelson River.

CHURCHILL

→ Churchill, Manitoba's seaport on Hudson Bay, is known as the "**polar bear capital of the world**." These great "white" bears migrate through the area each fall awaiting the ice to form on Hudson Bay. The bears spend winters on the ice and summers on land in a form of summer hibernation.

→ The **arctic tern**, a Churchill summer visitor, makes an incredible migration from pole to pole twice a year, thus receiving more hours of sunlight than any other creature on earth.

→ The northern lights or **aurora borealis** can best be seen in Churchill as it has one of the highest intensities of auroral activity in the region and is best seen from January to March. The Tundra Domes offers an indoor viewing facility for the northern lights with plexiglass domes.

→ Thousands of **beluga whales** gather each summer in the mouth of the Churchill River in Hudson Bay at Churchill. These gentle mammals are one of the most vocal whales and are nicknamed the "sea canaries." The whales can be seen from the shore of Hudson Bay, or by boat, air and while scuba-diving.

→ **Sir Thomas Button** was the first European known to reach the mouth of the Churchill River at Hudson Bay, which he did in 1612.

→ The **lowest elevation** in Manitoba is sea level at Hudson Bay.

→ The **Hudson Bay Railway** extends 1,600 km/1,000 mi. from Winnipeg to Churchill. The rail line was built by 3,000 men when the Canadian National Railway had a mandate to provide a shorter route for shipping grain from Saskatchewan and Manitoba to Britain. The **Bay Line** was completed in 1929, and the first shipment of wheat left the port of Churchill for Britain in 1932.

→ "**Bumbo**" is a mixture of rum, water, sugar and nutmeg, a favoured drink in Churchill and York Factory during the 1700s.

→ In the 1930s, **Charles A. Lindbergh** and his wife, Anne, stopped in Churchill on their honeymoon flight to the Orient.

SOUTHERN MANITOBA HIGHWAYS 12 AND 59 EAST

Follow the historic Crow Wing Trail which once linked Winnipeg to the railway hub of St. Paul, Minnesota.

GIROUX

→ **Philip's Magical Paradise** is a museum of magic and illusions. It is a result of Gordon and Marilyn Hornan's son's dying request to make a special room for his magic. The collection includes coins used by Doug Henning and Houdini.

STEINBACH

→ Steinbach has always been at the forefront of commercial and industrial development. In 1912, Steinbach opened Western Canada's first Ford dealership and has become Manitoba's "automobile city."

→ The **Mennonite Heritage Village** in Steinbach offers an example of a typical Mennonite village of the 1800s and features Canada's only operating wind-powered gristmill. The first group of Mennonites arrived in 1874 when they were promised land, freedom of religion, education and the right not to go to war.

→ The name "**Mennonite**" does not refer to an ethnic group but a faith that originated in 1525 as part of the European Reformation. The founding father of this Christian denomination was Menno Simons (1496-1561), a former Catholic priest.

From Holland, the Mennonites migrated to Prussia and from there to southern Russia. They were of two conservative groups who continued to practice the Anabaptist-Mennonite faith of their fathers. The Mennonites left Russia and chose Manitoba over better settlement opportunities in the American Midwest because they were promised the right and freedom to continue their faith, culture and to educate their own children.

Many of Manitoba's Mennonite pioneers settled in what was originally known as the **East Reserve**, now Steinbach and communities of the Rural Municipality of Hanover. Thriving communities in Hanover and area include Niverville, Blumenort, Kleefeld, New Bothwell, Grunthal, Mitchell and Landmark.

KLEEFELD

→ During the 1930s, farmers in this area turned to keeping bees to diversify and increase their incomes. The art of beekeeping was passed from one generation to the next. Today Kleefeld is known as Manitoba's honey capital, producing more than 10 per cent of the province's honey.

ST. PIERRE-JOLYS

→ The **Canadian Frog Jumping Championship** is held in the French-speaking community of St. Pierre-Jolys each August.

GARDENTON

→ **St. Michael's**, the first Ukrainian Orthodox Church in North America, was built in 1897 in Gardenton.

PINEY

→ The only **bi-national airport** is located in Piney.

SPRAGUE

→ **Sprague** was established in the late 1890s by the Sprague Lumber Company. In 1912, the first forest ranger in Western Canada was hired. Today, Manitoba Conservation still maintains an office here.



Mennonite Heritage Village in Steinbach

SOUTHERN MANITOBA HIGHWAY 2 WEST

This route follows along part of the original route that the North West Mounted Police used to bring law and order to the Canadian West in 1873. It takes you through some of Manitoba's rolling hills and valleys.

RESTON

→ The only remaining Canadian Pacific Railway roundhouse (1906-1930) in Manitoba is located here. It stored up to three locomotives.

SOURIS

→ **Souris Agate Pits**, southwest of Brandon, has one of the largest varieties of semi-precious stones in North America, including agate, jasper, epidote, petrified wood and dendrite.

→ The **Souris swinging bridge** 🌉, Canada's longest free-suspension bridge, spans the Souris River. It was first built in 1904 and has since been rebuilt because of flood damage.

STOCKTON

→ The **Stockton Ferry** on the Assiniboine River at Glenboro is Manitoba's last remaining river ferry.

SHILO

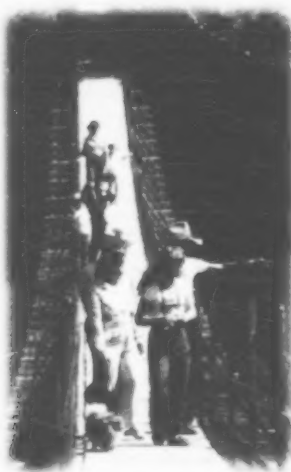
→ The **Royal Canadian Artillery Museum** displays more than 10,000 artifacts of armaments ranging from the 18th century to the present day.

BALDUR

→ **Grund Freisis Church** built in 1889 is the oldest standing Icelandic Lutheran Church in Canada.

ST. CLAUDE

→ The world's largest functioning **smoking pipe**, 6 m/20 ft. long and 15 m/5 ft. high, commemorates the early settlers who came from St. Claude au Jura, France, where the main industry is manufacturing pipes.



Souris swinging bridge

SOUTHERN MANITOBA HIGHWAY 3 WEST

By 1873, the government recognized the need to start opening up the Canadian West for settlement so Her Majesty's **British North America Boundary Commission** surveyors were sent to survey and map the official boundary between Canada and the United States.

The Commission, composed of surveyors, astronomers and naturalists, and faced with locating a border through some 1,500 km/900 miles of unfamiliar territory, sought the assistance of Métis scouts. The Métis, people of mixed Native and white heritage, helped locate suitable camps which were difficult to find along the route.

Boundary markers were set up every 5 km/3 mi. along the newly surveyed border. The last marker was erected in 1874 at Waterton Lake, Alberta. A total of 358 markers and 40 astronomical stations were erected.

Their efforts helped make it possible for the newly formed **North West Mounted Police** to complete their historic March West in 1874 to bring law and order to the western frontier.

The **International Peace Garden**  at the Manitoba-North Dakota border is the world's largest garden dedicated to peace. It is 930 hectares (2,339 acres) of land and is a living monument that symbolizes how two nations can live in harmony along the longest unfortified boundary in the world. Dr. Henry Moore of Ontario proposed the idea for a garden at the 1929 International Professional Grounds Management Society convention in Toronto. The Turtle Mountain district was selected as the site closest to the centre of North America along the longest north/south road in the world.

On July 1, 1932, 50,000 people gathered around a cairn with the inscription "to God in his Glory... we two nations dedicate this garden and pledge ourselves that as long as man shall live we will not take up arms against one another."

BOISSEVAIN

→ More than 18 outdoor art murals make this community an **outdoor art gallery** . The murals depict the cultural, natural and historical significance of the area and are located on the exterior of various buildings including the grain elevator.

GOODLANDS

→ **Goodlands** in southwestern Manitoba is the site of Manitoba's only commercial coal mine. It operated from 1883 to 1945.

DELORAINÉ

→ Is home to the largest cookie jar in the world and to **Lukkenfest**, the International Cookie Festival each July.

KILLARNEY

→ True to its Irish heritage, the town has a **blarney stone** and a **green firetruck**.

CRYSTAL CITY

→ The **Crystal City Community Printing Museum** is a public museum and houses the province's largest collection of working printing machinery.

LA RIVIÈRE

→ The **Archibald Historical Museum** at La Rivière features information about the life of **Nellie McClung** (1873-1951), a leading Canadian novelist, teacher, suffragist, reformer and legislator. She taught in Manitou before moving to Winnipeg in 1911 where she began to work for the recognition of women's rights.

MORDEN

→ The **Agriculture and Agri-Food Canada Research Centre** in Morden is one of the five original farms, two of which are located in Manitoba, established in Canada under The Experimental Farm Stations Act of 1886.

→ Fossils preserved in shale and sandstone provide a visible record of the shallow inland sea, Lake Agassiz, that covered much of this area and North America more than 60 million years ago. Life-size reconstructions of prehistoric aquatic life-forms can be seen at the **Canadian Fossil Discovery Centre** .

ROLAND

→ The **Boys' and Girls' Club** was first established at Roland in 1913. It was the forerunner of today's 4-H clubs.

ALTONA

→ Altona is known as **Manitoba's Sunflower Capital** and hosts its celebrations each July.

The first Anabaptists and German and Dutch **Mennonites** from Russia and Ukraine arrived in Winnipeg in 1874. In 1875 they moved to southern Manitoba, where they used their farming skills, developed on the treeless steppes of Ukraine, to transform the **Red River Valley** into some of the most productive farm land in the province.

EMERSON

✦ In 1879, **Emerson** was Manitoba's first city with a population of 5,000. It served as a major trading centre and the place where the Canadian Pacific Railway connected with the U.S. rail line to St. Paul, Minn.

✦ On a recommendation by Manitoba's first Lieutenant-Governor, Sir Adam Archibald, regarding reports of lawlessness in the west, Sir John A. Macdonald, Canada's first prime minister, created the **North West Mounted Police** to stop the whisky trade, establish friendly relations with the Aborigines and entrench Canadian law over a 300,000 sq. mi. territory.

Three hundred men were assigned to the force, and on July 8, 1874, the **North West Mounted Police** set out from Fort Dufferin (Emerson) to begin a 1,506 km/941 mi. trek to the Rockies and north to the Northwest Territories.

The expedition comprised 275 North West Mounted Police, 308 horses, 142 oxen, 114 Red River carts, 73 freight wagons, 93 head of cattle, two field guns and various armaments, and was more than a mile-and-a-half long. It took weeks to travel across southern Manitoba along the same route established by the Boundary Commission.

MORRIS

✦ The **Manitoba Stampede and Exhibition** is Canada's second largest rodeo with cowboys travelling to Morris direct from the Calgary Stampede.

NIVERVILLE

✦ The **first grain elevator** in Manitoba was built by William Hespeler in Niverville in 1879. The elevator was used until 1904 and later dismantled for the lumber.



Excitement abounds at the Manitoba Stampede.



The Forks – Winnipeg's meeting place.

- ✦ **Aboriginal People Television Network**, headquartered in Winnipeg, is the first national Aboriginal network in the world.
- ✦ Canada's first daily-double horse racing bet was offered at **Assiniboia Downs** 🏇. Thoroughbreds race from May to October, while simulcast provides year-round entertainment.
- ✦ **Assiniboine Park** 🌳 is Winnipeg's oldest and largest park (159 ha/393 acres) and includes a zoo, English Garden, Conservatory and the Leo Mol Sculpture Garden. **Assiniboine Forest** is the largest urban forest park in Canada.
- ✦ The **Assiniboine Park Conservatory** opened in 1914 and is the oldest such facility in Western Canada.
- ✦ The **Assiniboine Park Zoo** started in 1905 when Winnipeg City Council was given a native animal collection.
- ✦ **Bristol Aerospace** started in Winnipeg 65 years ago as Macdonald Bros.
- ✦ The **Countess of Dufferin** was the first railway engine to operate in Manitoba. It was brought to Winnipeg aboard a steamer down the Red River in 1875 and can be seen on display at the Winnipeg Railway Museum in Union Station.
- ✦ Winnipeg was founded in 1734 as a fur trading settlement. It later became the commercial centre for Canada's grain trade and was known as the "**Chicago of the north**" in the early 1900s because of the modern skyscrapers created in the Chicago School style of architecture at the turn of the century.

✦ The first **CPR (Canadian Pacific Railway)** transcontinental train arrived in Winnipeg on July 1, 1886. Today, it is one of two railways that operate across Canada. The passenger services of CPR and CNR (Canadian National Railway) were combined in the 1970s to become **VIA Rail**.

✦ The **Canadian Wheat Board** is the world's largest exporter of wheat and barley and the largest net earner of foreign currency in Canada.

✦ **Dalnavert Museum** 🏠 is a restored Victorian mansion, home of the son of Canada's first prime minister, Sir John A. Macdonald.

✦ Winnipeg's **downtown skywalk system** extends almost 1.2 km/.8 miles, providing indoor access to more than 934 businesses and offices. The downtown expansion started in 1905 when the **T. Eaton Company** built Winnipeg's first department store on Portage Avenue.

✦ By 1918 as agricultural businesses boomed, there were 20 chartered banks in Winnipeg, each producing its own bank notes. Today these heritage buildings have been preserved and **The Exchange District** is one of the finest examples of turn-of-the-century warehouse and commercial building architecture.

✦ People have been meeting at **The Forks** 🌳, the junction of the Red and Assiniboine rivers, for more than 6,000 years and today it is a national historic site. It is made up of 56 acres of riverside in downtown Winnipeg with shops, restaurants, boating, a children's museum and entertainment.

✦ Manitoba's largest aquarium is located at **Fort Whyte Centre** 🐟.

✦ **The Golden Boy**, a 4 m/13 1/2 ft. statue sits atop the Legislative Building 🏛️ and is a runner like the messengers in Greek mythology. He faces north to the province's resources, holds a sheaf of wheat to represent the richness of the land, and carries a torch calling youth to enter the race to lead the way to the province's future. The figure was sculpted and cast in France by Charles Gardet in 1918. As the Golden Boy was being transported, the French ship it was on was commandeered for the First World War. The Golden Boy lay in the hold of the ship for the duration of the war sailing many miles before it finally arrived in Halifax for delivery to Winnipeg. The statue is a true rendition of a boy, so modesty dictated that it be placed on the top of the Legislative Building when the building officially opened in 1920.

✦ The **game of golf** was brought to Winnipeg by the Hudson's Bay Company in the early 19th century.

✦ **Grant's Old Mill** was constructed by Métis leader Cuthbert Grant on Sturgeon Creek. It was the first of its kind to be built in Western Canada and marks the first use of hydro power in the area known as the province of Manitoba.

✦ **Great-West Life**, Canada's largest assurance company began in Winnipeg more than 100 years ago and continues to be headquartered here.



Grant's Old Mill in West Winnipeg

✦ **Harlequin Romance** novels were first published in Winnipeg in 1949 by Richard and Mary Bonnycastle. Today this empire spans over 100 international markets and its books are printed in more than 23 languages.

✦ Winnipeg began as a **Hudson's Bay Company trading post** in 1870 with a population of 215. It was not until the steam railway connected to St. Paul in the U.S. and across Canada to Montreal in the late 1800s that a steady stream of travel and trade began. In 1668, the British ship "**Nonsuch**" was sent to Hudson Bay, establishing the Hudson's Bay Company in Manitoba. A full-size replica of the ship can be viewed today at The Manitoba Museum.

✦ Winnipeg has had **hydroelectric power** since 1898 with 95 per cent of its electricity produced by the power of water.

✦ Winnipeg is home to the **International Institute for Sustainable Development**.

✦ Winnipeg is one of the cleanest cities per capita in North America, according to **Keep America Beautiful**, an organization that promotes urban beautification.

✦ Manitoba's **Legislative Building**  was completed in 1919 and made of native Manitoba tyndall stone.

✦ The **Manitoba Telephone System** installed North America's first emergency **911** system in Winnipeg in 1954.

✦ **Morden's Chocolates**, Winnipeg's candy manufacturer, produces one ton of Russian mints every three days from November to December.

✦ The **Manitoba Museum**  is a three-star Michelin Guide attraction. Seven galleries portray Manitoba from a life-size replica of a fur trading ship to polar bears, forests, pioneer settlers and prehistoric land formations.

✦ **Neechi Foods** on Dufferin Avenue is the province's first native co-operative.

✦ The **Nor'Wester**, Manitoba's first newspaper was published on December 28, 1859 at the Red River settlement.

✦ **Nygård Fashions** got its start in Winnipeg, a major garment centre.

✦ **Palliser Furniture** of Winnipeg is one of the largest Canadian furniture manufacturers.

✦ Winnipeg was the first city to host two **Pan American Games** — the first in 1967 and the second in 1999.

✦ In 1862, Henry McKenny opened a general dry goods store on a patch of prairie along a fur traders' trail near the junction of the Red and Assiniboine rivers. Others soon followed his lead, and the group of buildings became known as the village of Winnipeg, at the now famous corner of **Portage and Main**.

✦ **Ross House** is the first post office west of the Great Lakes and one of the oldest examples of Red River log frame structures.

✦ The **Royal Canadian Mint**  in Winnipeg is Canada's only mint producing Canadian and foreign coin currencies.

✦ Winnipeg has a revolving restaurant called the **Royal Crown** located downtown at Fort Garry Place.

✦ In 1936, Louise Staples, a teacher at Greenwood Elementary, was the first Canadian to organize a school **safety crossing patrol program**.

- ✦ In 1931, Ralph Erwin opened the first restaurant to sell hamburgers in Manitoba. More than 75 years later, the **Salisbury House** is still Winnipeg-owned by a group of business partners.
- ✦ **Seven Oaks House** is the oldest habitable house in Manitoba and was built in 1851 by John Inkster. It is constructed of oak logs.
- ✦ The **St. Boniface Museum**  is the oldest building in Winnipeg and the largest existing oak-log structure in North America. Built in 1846, it displays the life of the Métis and French-Canadians.
- ✦ **Union Station** in Winnipeg was designed by the same architect who designed New York City's Grand Central Station. The station is used by Via Rail for passenger rail travel and is located near the forks of the Red and Assiniboine rivers.
- ✦ Winnipeg was the first Canadian city to establish a **United Way**, a non-profit agency that funds more than 65 charitable groups.
- ✦ The **University of Manitoba** was incorporated in 1877 as the first university in western Canada with its first graduating class in 1880 with one person. It has become Manitoba's largest university with six colleges and until the 1970s was the only university with an architecture program in western Canada.
- ✦ The **University of Winnipeg's women's volleyball team** broke the world record for number-of-consecutive wins with 123. This broke the record previously held by a men's team at UCLA. The **University of Winnipeg's women's basketball team** has the distinction of tying the world record for most wins.
- ✦ The **University of Winnipeg** is located downtown and offers degrees in arts, science, education and theology. There are 2,700 full-time, 4,500 part-time and 2,800 summer students.
- ✦ Pine Street in Winnipeg's west end was home to three World War I soldiers who received the Victoria Cross for their bravery in battle. The street was renamed "**Valour Road**" in honour of its three courageous citizens.
- ✦ The **Western Canada Aviation Museum**  is Canada's second largest aviation museum and includes a children's centre. It also pays tribute to the bush planes of the north and traces the history of women's achievements in aviation.
- ✦ The **Manitoba Children's Museum** , Canada's largest, is adjacent to the site of the **Winnipeg International Children's Festival** held each June.
- ✦ The **Winnipeg Commodity Exchange**, formerly the Grain Exchange, opened in 1887. It remains Canada's only agricultural futures market.
- ✦ At the time of construction in 1968, the **Winnipeg Floodway** was the second largest earth-moving project in the world after the Panama Canal. It has prevented the city from flooding many, many times.
- ✦ The **Winnipeg General Strike of 1919**, the largest ever community strike in Canada, forever placed Winnipeg at the centre of the labour movement and forced then Mayor Charles F. Gray to enact the Riot Act.
- ✦ The **Winnipeg International Airport** opened in 1927 and is considered to be Canada's first international airport with flights to Minneapolis, MN. The original ticket counter is housed in the Western Canada Aviation Museum.
- ✦ The **Winnipeg Rh Institute** pioneered the treatment and prevention of Rh disease.
- ✦ **Winnipeg's river boats** were the first in Canada to hire female captains. There are more than 100 km/60 miles of navigable waterways in the city.
- ✦ More young soldiers from Manitoba were lost in **World War II** than from any other province, while Canada's first monument dedicated to women who served in this war was erected in Memorial Park across from the Legislative Building.

WINNIPEG'S CULTURAL ATTRACTIONS

✦ In 1970, **American Woman** by Winnipeg's **The Guess Who**, topped international music charts and was the number one selling single in the world. That year they sold more albums than any other band in the world including The Beatles and The Doors.

✦ **Canada's Royal Winnipeg Ballet** was the first British Commonwealth ballet company to be granted a Royal Charter. Founded in 1939, it is Canada's oldest, and North America's second oldest, ballet company. It has performed in more than 500 cities in 40 countries and was the first Canadian ballet company to perform in Russia, Europe, Australia and South America.

✦ Canada's oldest active theatre is **Le Cercle Molière**, a French theatre company in Winnipeg.

✦ The only ornamental **Chinese gate** in North America containing a skywalk is located in Winnipeg's Chinatown, an area established in 1909, that focuses on Chinese culture.



Leo Mol Sculpture Garden.

✦ The **Festival du Voyageur** is the largest winter festival in Western Canada. Giant snow sculptures, ice climbing, French cuisine, music, dance and revelry occur each February.

✦ Winnipeg's **Folklorama**, held over two weeks each August, is one of the world's largest multicultural festivals and has been named the number one event in Canada by the American Bus Association.

✦ **Frantic Films**, a homegrown, live-action visual effects, animation and production company has worked on films such as *The Italian Job*, *X-Men 2*, *X-Men United*, *The Core*, *Swordfish*, *Scooby Doo 2* and *Monsters Unleashed*.

✦ The **IMAX® Theatre's** signature film *Heartland* was produced by seven Manitoba filmmakers.

✦ The **Leo Mol Sculpture Garden** is a landscaped garden and gallery housing Leo Mol's bronze sculptures, porcelains and paintings. Leo Mol, an award-winning and celebrated artist, has lived in Winnipeg since immigrating from Ukraine in 1945. It is one of the few sculpture gardens featuring the works of a single artist.

✦ The **Manitoba Theatre Centre** was co-founded in the 1950s by John Hirsch, one of the developers of Canada's Stratford Festival.

✦ The **motion picture theatre** business began in Winnipeg in 1899 when John A. Schulberg, whose stage name was Johnny Nash, showed a short film on the Spanish-American War in a canvas tent in a vacant lot on Main Street.

✦ The **National Film Board's** Animation Centre is located in Winnipeg.

✦ The largest Ukrainian language book collection in North America with more than 40,000 volumes is located at **Oseredok**, the Ukrainian Cultural and Education Centre in Winnipeg.

✦ **Pantages Theatre**, built in 1913-14, was Winnipeg's first air-conditioned building. Huge pieces of ice were placed in the basement and large fans were used to blow air over the ice and cool patrons. Charlie Chaplin, the Marx Brothers and Buster Keaton performed here.

✦ **Popular music artists** from Winnipeg include The Guess Who, Bachman Turner Overdrive, Neil Young, The Watchmen, Eagle and Hawk, the Crash Test Dummies, Remy Shand, Chantal Kreviazuk and McMaster and James.

✦ **Rainbow Stage** , located in Kildonan Park, is Canada's oldest-running outdoor musical theatre. Popular Broadway musicals are presented each summer under a domed roof.

✦ The Winnipeg neighbourhood of St. Boniface is Canada's largest French-speaking community west of the Great Lakes. It celebrates the heritage of the fur traders during **Festival du Voyageur** each February.

WINNIPEG'S CULTURAL ATTRACTIONS

→ In 1862, the bells of old **St. Boniface Cathedral** were shipped to England for reconditioning. Upon return, a storm blew the ship off course and the bells ended up in St. Paul, Minnesota. It was too expensive to ship the bells by Red River Cart to Winnipeg and they were transported back by ship to England and returned to Winnipeg through the Hudson Bay. (See fur traders fantastic journey, page 56.)

→ **St. John's Cathedral** was the first Anglican Church in Western Canada and was established in 1820.

→ The oldest civic gallery in Canada, the **Winnipeg Art Gallery** (founded in 1912) houses one of the world's largest and most comprehensive collections of contemporary Inuit art. It also has an important collection of Canadian art dated prior to 1960.

→ Canada's first degree-granting **School of Interior Design** was founded in Winnipeg in 1939.

→ Winnipeg purchased the only known painting of "**Winnie the Pooh**" by the original illustrator, E. H. Shepard. The painting, purchased for \$285,000 Canadian from Sotheby's auction house in London, England, is on display at the Pavilion Gallery in Assiniboine Park.

→ The **Winnipeg Folk Festival**, held each July in Birds Hill Provincial Park, is North America's largest outdoor music festival attracting artists from around the world. Some 200 performances provide 30,000 visitors with a music extravaganza.

→ Canada's first community foundation, the **Winnipeg Foundation**, was established in 1921 to support non-profit charitable, educational and cultural organizations.

→ The **Winnipeg Music Competition Festival** is one of the largest in the world with 30,000 participants.

→ **Winnipeg's Contemporary Dancers** are one of Canada's oldest professional modern repertoire dance companies.



Winnipeg Folk Festival.

→ Winnipeg-born **Alan Blye** produced several popular comedy TV programs including the *Smothers Brothers Show* and *Sonny and Cher Comedy Hour*.

→ **Bugs Bunny** was designed and christened by Winnipegger **Charles Thorson**. Thorson began his career as an illustrator for Eaton's catalogues and spent much of his spare time at a local café flirting with a young waitress named Kirsten. In 1934, Charlie left for Los Angeles where his talent for character design landed him a position at Disney Studios. It was there he created such characters as Elmer the Elephant, Little Hiawatha and Wynken, Blynken and Nod and went on to design and name Bugs Bunny for Warner Brothers. However, the local legend of Charlie Thorson is based on Snow White and the Seven Dwarfs. Thorson provided preliminary sketches for all the characters and animals for Disney's first feature-length animated film, *Snow White and the Seven Dwarfs*. Charlie based the images of Snow White on his memories of Kirsten, the café waitress.

Charlie's name does not appear in the credits for *Snow White* because he quit before the film was completed as he did not think he was being properly acknowledged. But if you look closely at *Snow White*, you can still see the resemblance to the young Winnipeg waitress.

→ The inventor of the cellphone, **Marty Cooper**, comes from Winnipeg's north end.

→ **Bobby Hull** was the first million-dollar hockey player. He played for the Winnipeg Jets of the World Hockey Association in 1972 and received his cheque at a public celebration at Portage and Main. Winnipeg's hockey teams have won two Olympic gold medals (including the Winnipeg Falcons in 1920), three Avco Cups (WHA) and three Stanley Cups (pre-NHL).

→ Winnipeg-born **Clara Hughes**, a cycling and speed skating Olympic athlete, made history by becoming the first Canadian to earn medals in both the summer and winter Olympics, achieved by only three other athletes in the history of the Olympics.

→ **Bruce Chown** (1913-1986), a medical researcher, was instrumental in establishing the world-renowned Rh laboratory for the study of blood groups and treatment of babies with Rh disease.

→ The rock music group the **Crash-Test Dummies** is from Winnipeg.

→ Musician **Burton Cummings** of the now-disbanded Guess Who is from Winnipeg.

→ Two Winnipeg animators have received Academy Award nominations: **Richard Condie** for *The Big Snit* and **Cordell Barker** for *The Cat Came Back*.

→ Winnipeg magician **Dean Gunnarson** set two Guinness records for escaping from handcuffs and locked coffins.

→ **Lionel LeMoine FitzGerald** (1890-1956), an accomplished artist, was born in Winnipeg and served as the principal of the Winnipeg School of Art from 1929 to 1947. He joined the Group of Seven in 1930.

→ Television star **Monty Hall** is from Winnipeg.

→ **Evelyn Hart** (1956-), a prima ballerina who joined the Royal Winnipeg Ballet in 1976, won a gold medal as best female soloist at the International Ballet Competition in 1980 in Bulgaria.

→ **Doug Henning** (1947-), a well-known magician who appeared on Broadway in *The Magic Show* (1974), was born in Winnipeg.

→ **Cora Hind** (1861-1942) was Western Canada's first female journalist and in 1901 the agriculture editor of the Winnipeg Free Press newspaper.

→ **Marie-Ann Gaboury Lagimodière** (1780-1875) the grandmother of Louis Riel (the "Father of Manitoba") and the first non-native woman known to have lived in Western Canada.

→ **Billy Mosienko**, born in Winnipeg, played for the Chicago Black Hawks for 14 years, scoring 258 goals and 282 assists. On March 23, 1952 he scored three goals within 21 seconds against the New York Rangers.

→ Children's entertainer **Fred Penner** is from Winnipeg.

→ **Bishop Provencher**, founder of St. Boniface, established the first permanent Roman Catholic mission in Western Canada. He built the cathedral and Grey Nun Convent.

WINNIPEG – SOME FAMOUS PEOPLE

CONTINUED

→ **Louis Riel** (1844-1885) Métis leader and acknowledged "Father of Manitoba," led the Métis during the Red River Rebellion and was largely responsible for Manitoba's entry as a province into Confederation. Riel was arrested and executed in Regina for his role in the Northwest Rebellion of 1885. His body was returned to Winnipeg where he was buried in the graveyard of the St. Boniface Basilica. A statue in his honour was erected at the Legislative Building.

→ Winnipeg-born **Gabrielle Roy** has won fame as one of the best French-language writers in Canada receiving many literary awards for her book entitled *The Tin Flute*.

→ **Baldur Stefansson** (1917-) was a plant scientist at the University of Manitoba from 1952 until he retired. Stefansson was born at Vestfold and became internationally renowned for his contribution to the development of rapeseed (canola) for commercial crops.

→ The Second World War's most famous spymaster, **Sir William Stevenson**, whose incredible story was immortalized in the best selling book, *A Man Called Intrepid*, was born and raised in Winnipeg. Stevenson Field, now the Winnipeg International Airport, was named after him.

→ A.A. **Milne's** *Winnie-the-Pooh* was inspired by a Canadian First World War regimental mascot named Winnie after the city of Winnipeg. In 1916, long before Winnie-the-Pooh was famous, a Winnipeg soldier, Harry Colebourne, bought an orphaned black bear cub for his wartime regiment and named it "Winnie," after his home town of Winnipeg. During the war, the bear mascot was placed in the care of the London Zoo, where it became one of the most popular attractions. Among regular visitors to the zoo were author A. A. Milne and his son, Christopher. Inspired by Winnie, Milne would tell his son stories about a bear, Winnie-the-Pooh, a boy named Christopher, and their animal friends. Thus Winnie became the inspiration for A.A. Milne's classic children's tale of *Winnie-the-Pooh*.

→ **Nia Vardalos**, whose movie *My Big Fat Greek Wedding*, was one of the highest-grossing independent movies of all time.

→ Rock musician **Neil Young** is from Winnipeg.



Louis Riel

REFERENCE

MAPS - CITY CENTRES

WINNIPEG



BRANDON



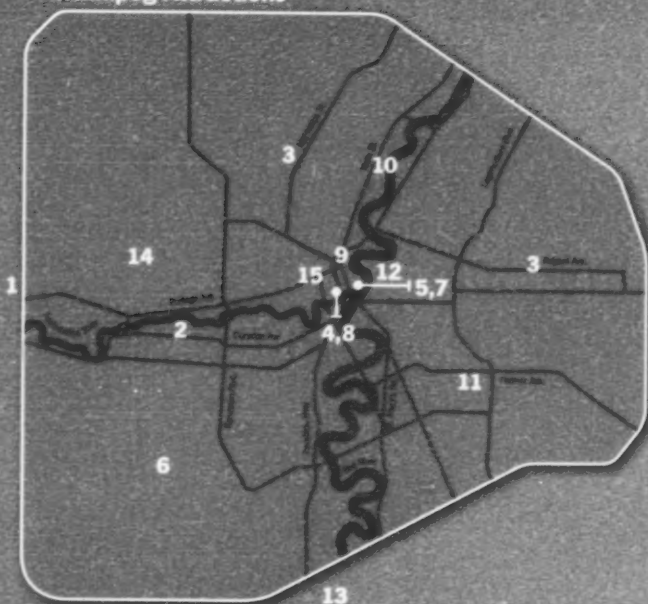


Eighteen percent larger than the country of France, Manitoba has so much to see and experience you could spend a lifetime of vacations exploring the province and still not see it all.

So where do you start? To help you plan your vacation we suggest you start by checking out the following list of "not to miss" attractions. Each of the 40+ "Manitoba Star Attractions" is a proven winner with visitors, is easily accessible and offers a unique and memorable tourism experience.

Details for each attraction can be found under its regional section in the guide.

Winnipeg Attractions



Winnipeg

- 1 Assiniboia Downs
- 2 Assiniboine Park
- 3 The Casinos of Winnipeg
- 4 Dalnavert Museum
- 5 The Forks National Historic Site of Canada
- 6 Fort Whyte Centre
- 7 Manitoba Children's Museum
- 8 Manitoba Legislative Building
- 9 The Manitoba Museum
- 10 Rainbow Stage
- 11 Royal Canadian Mint
- 12 Saint Boniface Museum
- 13 Trappist Monastery Ruins
- 14 Western Canada Aviation Museum
- 15 Winnipeg Art Gallery

Interlake

- 16 Hecla/Grindstone Provincial Park
- 17 Lower Fort Garry National Historic Site of Canada
- 18 Marine Museum of Manitoba
- 19 New Iceland Heritage Museum
- 20 Oak Hammock Marsh Interpretive Centre
- 21 Stonewall Quarry Park

Central Plains

- 22 Manitoba Agricultural Museum

Pembina Valley

- 23 Canadian Fossil Discovery Centre

Western

- 24 Commonwealth Air Training Plan Museum
- 25 International Peace Garden
- 26 Margaret Laurence Home
- 27 Outdoor Art Gallery
- 28 Riverbank Discovery Centre
- 29 Spruce Woods Provincial Park
- 30 Souris Swinging Bridge

Parkland

- 31 Assiniboia Ski Area and Winter Park
- 32 Inglis Grain Elevators National Historic Site
- 33 Riding Mountain National Park

Northern

- 34 Churchill
- 35 Pisew Falls - Kwasitchewan Falls
- 36 Sam Waller Museum

Eastern

- 37 Birds Hill Provincial Park
- 38 Costume Museum of Canada
- 39 Grand Beach Provincial Park
- 40 Mennonite Heritage Village
- 41 Whiteshell Provincial Park



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